



SCHEDULE FOR FEBRUARY 2026

- Friday, Feb. 6th** **9:30 – 10:30 Group Speech**
 9:30 - 12:00 Counselling by appt.
 11:00 - 12:00 Exercise
 12:00 - Bag lunch
 12:45 – Jessica Taylor, Guest speaker, Author
 Ind. speech with Kristine by appt.
- Friday, Feb. 13th** **9:30 – 10:30 Group Speech**
 9:30 – 12:00 Counselling by appt.
 11:00 – 12:00 Exercise
 12:00 – Bag Lunch
 12:45 – Art Therapy
 Ind. Speech with Kristine by appt.
- Friday, Feb. 20th** **9:30 – 12:30 Ind. speech therapy by appt.-Susan and Jennifer**
 9:30 – 10:30 OSRS Writing Group with Kristine Couzens RSLP
 11:00- 12:00 Exercise
 12:00 – Bag lunch
 12:30 – Music with Doug
 Ind. speech with Kristine by appt.
- Friday, Feb. 27th** **11:30 - Lunch out at Ricky's**

Thought for the Month
Remember that life's treasures are people, not things.



<https://oceansidestrokerecovery.org>

