

# Client Development Activity Pack!

In this pack you will find challenges, exercises and activities to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.

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## Don't Miss Out!

Join Rosie for a Yoga Class on zoom today at 4pm!

The class will be based on the mat and will cover whole body movement and finish with some nice relaxation work. Suitable for all levels of experience. All you need is a phone or laptop with an internet connection. Contact [cd@dubsimon.ie](mailto:cd@dubsimon.ie) for the meeting ID or ask a member of staff in your service.

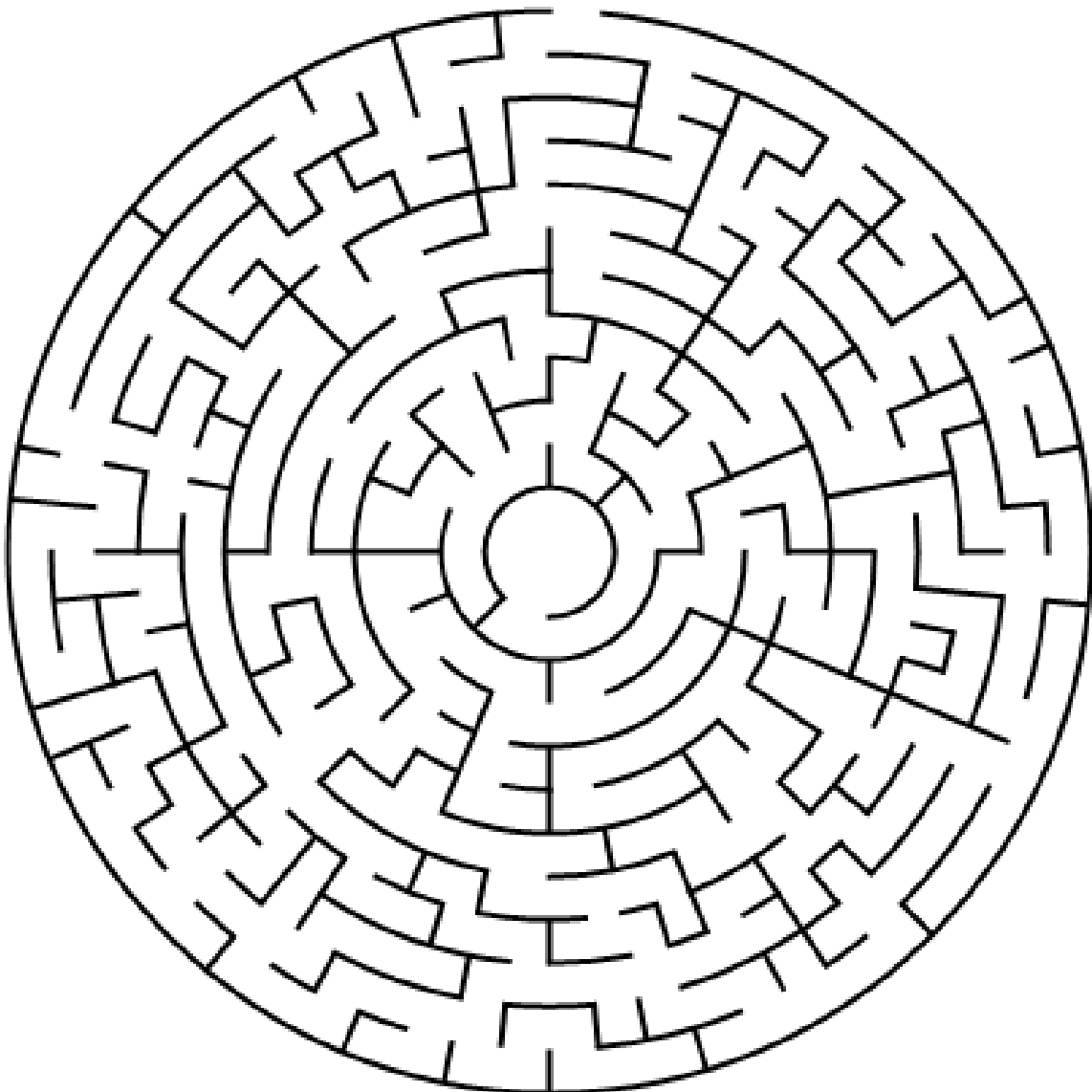
Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at [cd@dubsimon.ie](mailto:cd@dubsimon.ie).



# Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the opening at the centre of the maze.

Start



# Online Support Groups



## **Turn2me** (<https://turn2me.ie/>)

Turn2me hosts free online support groups on anxiety, suicidal thoughts and feelings, depression, stress management and general mental health issues.



## **The Tribe; Wellness Community** (<https://support.therapytribe.com/>)

Peer-to-peer online support groups focusing on specific topics such as; addiction and recovery, anxiety, depression, HIV/Aids, LGBT, marriage, obsessive compulsive disorder and teens with mental health challenges.



## **Aware** (<https://www.aware.ie/support/support-groups/>)

Aware provides support and information for people who experience depression or bipolar disorder. Aware is providing a new phone-in Zoom Support and Self Care Groups.



## **LifeRing Secular Recovery** (<http://lifering.ie/online-meetings-schedule/>)

LifeRing is a self-help support group to help people overcome addiction. Online LifeRing meetings take place Monday - Saturday.



## **SMART Recovery** (<https://smartrecovery.ie/online-meeting/>)

SMART Recovery Online (SROL) is a warm and caring online community where participants interact and help one another recover from addictive behaviours.



## **AA Online meetings** (<https://www.alcoholicsanonymous.ie/aa-meetings/online-meetings>)

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.



## **HealthfulChat** (<https://www.healthfulchat.org/health-chat-rooms.html>)

HealthfulChat offers peer support group online chat rooms dealing with an array of different topics such as; eating disorders, post traumatic stress disorder, anxiety, addiction, depression, HIV and AIDS.



For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)

# Match these animals with their group names!

The first one is done for you.

Cows

School

Crows

Parliament

Geese

Tower

Owls

Herd

Lions

Pod

Giraffes

Caravan

Fish

Gaggle

Dolphins

Pride

Camels

Murder

Donkeys

Army

Frogs

Drove



This activity was sent in to us from one of our readers; Ed.

Thanks Ed for the brilliant suggestion!

If you have any ideas for worksheets you would like to see included please contact us at [cd@dubsimon.ie](mailto:cd@dubsimon.ie)