

# Calm HOMES Participant Pathway

**Winter 2025/2026**  
*December/January*

**Week 1**  
*March 9<sup>th</sup>*  
*6 - 8pm*

**Week Off**

**Week 2**  
*March 23<sup>rd</sup> to 29<sup>th</sup>*

**Week 3**  
*March 30<sup>th</sup>*  
*7:30 - 9pm*

**Week 4**  
*April 6<sup>th</sup> to 12<sup>th</sup>*

**Week 5**  
*April 13<sup>th</sup>*  
*7:30-9pm*

**Week 6**  
*April 20<sup>th</sup> to 26<sup>th</sup>*

**Week 7**  
*April 27<sup>th</sup>*  
*7:30-9pm*

**Week 8**  
*May 4<sup>th</sup> to 10<sup>th</sup>*

**Week 9**  
*May 11<sup>th</sup>*  
*7:30-9pm*

**Week 10**  
*May 18<sup>th</sup> to 24<sup>th</sup>*

**Week 11**  
*May 25<sup>th</sup> 7:30-9pm*

**Program Applications and Participant Selection**

**Home Scan and Discovery Session**

**Program Orientation + Workshop #1**  
"Intro to Decluttering"  
Virtual Group Session - 2 hrs

**March Break**

**Home Session #1**  
In-Person Family and Volunteer Support  
60+ minutes

**Workshop #2**  
"All About Cleaning" + Group Connection  
Virtual Group Session - 90 minutes

**Home Session #2**  
In-Person Family and Volunteer Support - 60+ minutes

**Workshop #3**  
"Family Dynamics & Child Cleaning Champions" + Group Connection, Virtual Group Session - 90 minutes

**Home Session #3 + Earliest Disposal Bin Booking**  
In-Person Family and Volunteer Support - 60+ minutes

**Workshop #4**  
"Organization Basics" + Group Connection  
Virtual Group Session - 90 minutes

**Home Session #4**  
In-Person Family and Volunteer Support - 60+ minutes

**Workshop #5**  
"Planning for the Future" + Group Connection  
Virtual Group Session - 90 minutes

**Final Main Program Home Session**  
In-Person - 60+ minutes

**Graduation/Wrap-Up/Celebration**  
90 minutes

**Ongoing In-Person Support**  
**As Needed**

Individual and Family Mental Health Support Counselling Sessions Available