United by Wellness

JANUARY 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
10am	Mental Well Checkin 1st & 3rd	You Have the Floor	Coffee and Gratitude	Employment Wellness	Common Grounds		
				1030 Depression/Anxiety		Emotions	
11am	Topics in Mental Health	The Journaling Journey	Recovery Dharma	Staying Active	Job Search	Doing all things with Love	
12pm	Coping Skills	Relaxation Tools in Recovery	Spirituality			Just Hanging Out	Men's Wellness (1st and 3rd)
1pm	Creating Your Career	La Unidad Familia	Too Much Stuff 1st & 3rd	Eating Healthy Exercise	Language of Letting Go	Let's Have Some Laughs (3rd)	Reducing Relapses
2pm	Doing Wellness Together	After Lunch	Better Together			Anxiety/Depression	Creativity Unleashed
3pm				MARA	Light Bulb	Color Me Healthy	
4pm	Got Stress			You Have the Floor	Healing Connections		
5pm		Show Your True Colours (LGBTQIA+)	Unapologetically Me (BPD)	Healing Trauma Support Group (1st and 3rd)	Expressions 1st & 3rd		
6pm	Bipolar Support Group	Humanist Recovery	Depression	Rising minds			630 All Recovery
			Family Recovery				630 Strong Mind
7pm	Monday Music	Balance and Body Image (1st and 3rd)	Baby Boomers 1st & 3rd	Not Fearing Fear	Music to My Ears	Coping with Chaos	730 Meditation
		7:00 Women's Wellness	Life in Waves (2nd and 4th)				
			Money Talks (1st)				
8pm	Keeping Up Our Commitments	Relationship in Recovery					Rediscovering You Through Vital Wellness 2nd and 4th
							WINGS