



# MARCH

# 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Empower Hour						
9am							
10am		Big Time Fun Party	Coffee and Gratitude	Employment Wellness		Arts & Humanities (1st/3rd Saturday)	Overcoming Obstacles
				1030 Depression/Anxiety			
11am	Topics in Mental Health		Recovery Dharma	Staying Active	Dealing With Depression (1st, 3rd, & 5th Fridays)	Doing all things with Love	Stress Less 101
12pm	Quote Me Happy (1st Monday)	Relaxation Tools & Techniques (1st Tuesday)	Addressing Anxiety		12-12:30pm Navigating the 8 Dimensions of Wellness for a Balanced Life: Environmental Wellness (3/1)	Just Hanging Out	
1pm		Lunch & Learn (Starts 3/19)	Too Much Stuff (1st & 3rd Wednesday)	Poetry Workshop (3rd Thursday)	Exploring Environmental Wellness		
2pm	Coping Skills	After Lunch (1st/3rd Tuesday)	CAEI - Module 2 (2pm) (Starts 3/13)	Despues Del Almuerzo (1st/3rd Thursday)	Light Bulb	Healing Connections	Emotions (1st/3rd Sunday)
							Creativity Unleashed (2nd/4th Sunday)
3pm	Mindful Eating (Starts 3/18)	Better Together		MARA		Color Me Healthy	Chronic Pain (2nd/4th Sunday)
4pm		Townhall (4th Tuesday) (4-5:15pm)		You Have the Floor	Breaking Barriers		
		4:30-5:30pm Disability Lived Experience Advisory Group (3/19)					
5pm			Unapologetically Me (BPD)				Eating Disorder / Disordered Eating Support Group (2nd/4th Sunday)
6pm	Bipolar Support Group	CAEI - Module 2 (6pm) (Starts 3/12)	Depression	Rising minds	Dinner and Dialogue (3rd Friday)		WINGS
	Phone a Friend	6:30-7:30 ASCA (1st/3rd Tuesday)					
7pm	Monday Music (7-9pm) (Starts 3/18)	Women's Wellness	Baby Boomers (1st & 3rd Wednesday)	Not Fearing Fear	Music to My Ears (7-10PM) (Starts 3/15)		Meditation
8pm		Relationship in Recovery	Keeping Up Our Commitments	Show Your True Colours (LGBTQIA+)			

