



MAY

2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Empower Hour						
9am						Share Your Sunshine (starts 5/11)	
10am			Coffee and Gratitude	Employment in Recovery		Arts & Humanities (1st/3rd Saturday)	Overcoming Obstacles
				1030 Depression/Anxiety			
11am	Topics in Mental Health	Obsessive Compulsive Disorder (OCD) Support Group (1st/3rd Tuesday)	Recovery Dharma	Staying Active	Dealing With Depression (1st, 3rd, & 5th Fridays)	Doing all things with Love	
		You Have the Floor (2nd/4th Tuesday)			Movie Group (2nd/4th Friday)		
12pm	Quote Me Happy (2nd Monday)	Relaxation Tools & Techniques (1st Tuesday)	Addressing Anxiety	Big Time Fun Party		Just Hanging Out	
1pm		Lunch & Learn		Poetry Workshop (3rd Thursday)	Exploring Environmental Wellness		BIPOC Group
2pm	Coping Skills	After Lunch (1st/3rd Tuesday)	CAEI - Module 3 (2pm) (Runnings 5/1, 5/8, 5/15, 5/22, & 5/29)	Despues Del Almuerzo (1st/3rd Thursday)	Light Bulb		Emotions (1st/3rd Sunday)
							Creativity Unleashed (2nd/4th Sunday)
3pm		Better Together		MARA		Color Me Healthy	Chronic Pain (2nd/4th Sunday)
4pm		Townhall (4th Tuesday) (4-5:15pm)	Too Much Stuff (1st & 3rd Wednesday)		Breaking Barriers		
5pm			Unapologetically Me (BPD)				Eating Disorder / Disordered Eating Support Group (2nd/4th Sunday)
6pm	Bipolar Support Group	CAEI - Module 3 (6pm) (Running 5/7, 5/14, 5/21, & 5/28)	Depression	Rising minds			WINGS
7pm	EmpowerED Wellness (Starts 5/6)	Women's Wellness	Baby Boomers (1st & 3rd Wednesday)	Not Fearing Fear	Music to My Ears (7-10PM)		Meditation
8pm		Relationship in Recovery	Keeping Up Our Commitments	Show Your True Colours (LGBTQIA+)			

