Monday-Friday 8:30-4:30 MAY 2023

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 **Happy Halloween**

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|  **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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|  |  |  |  |  |
| 19-PEER 2 PEER10- BOUNDARIES11-SMART12-KAREOKE1-WOMENS GROUP2-WALKING GROUP | 29- PROCOVERY10-BOUNDARIES & CODEPENDENCY11- ACT TOOLS 12- DEPRESSION SUPPORT1-SCHIZOPHRENIA SUPPORT2-WALKING GROUP3-RELATIONSHIP RECOVERY | 39- PANIC ATTACK SUPPORT10- SELF ESTEEM BUILDING11- TRIVIA**12-MHA****1-MENTAL HEALTH MOVIE**2-TRAUMA RECOVERYYMCA WITH MIKE | 49-DUAL RECOVERY10-CREATIVE WRITING11-MENS GROUP12- GRIEF SUPPORT1-REFUGE RECOVERY2-WALKING GROUP | 5 9-EMOTIONS ANONYMOUS10-BIPOLAR SUPPORT11-BODY & MIND12-SUDS SUPPORT1-MENTAL HEALTH RECOVERY2-BINGO   |
|  |  |  |  |  |
| 89-PEER 2 PEER10- BOUNDARIES11-SMART12-KAREOKE1-WOMENS GROUP2-WALKING GROUP | 99- PROCOVERY10-BOUNDARIES & CODEPENDENCY11- ACT TOOLS 12- DEPRESSION SUPPORT1-SCHIZOPHRENIA SUPPORT2-WALKING GROUP3-RELATIONSHIP RECOVERY | 109- PANIC ATTACK SUPPORT10-SELF ESTEEM BUILDING11- TRIVIA**12-ART****1-MHA**2-TRAUMA RECOVERYYMCA WITH MIKE | 119-DUAL RECOVERY10-CREATIVE WRITING11-MENS GROUP12- GRIEF SUPPORT1-REFUGE RECOVERY2-WALKING GROUP | 129-EMOTIONS ANONYMOUS10-BIPOLAR SUPPORT11-BODY & MIND12-SUDS SUPPORT1-MENTAL HEALTH RECOVERY2-BINGO |
|  |  |  |  |  |
| 159-PEER 2 PEER10- BOUNDARIES11-SMART12-KAREOKE1-WOMENS GROUP2-WALKING GROUP | 169- PROCOVERY10-BOUNDARIES & CODEPENDENCY11-ACT TOOLS 12- DEPRESSION SUPPORT1-SCHIZOPHRENIA SUPPORT2-WALKING GROUP3-RELATIONSHIP RECOVERY | 179- PANIC ATTACK SUPPORT10- SELF ESTEEM BUILDING11- TRIVIA**12-MEMBERS MEETING****1-MHA**2-TRAUMA RECOVERY  YMCA WITH MIKE**5:00-BRIDGES OPEN HOUSE****6:00-NAMI VIGIL** | 189—DUAL RECOVERY10-CREATIVE WRITING11-MENS GROUP12- GRIEF SUPPORT1-REFUGE RECOVERY2-WALKING GROUP | 199-EMOTIONS ANONYMOUS10-BIPOLAR SUPPORT11-BODY & MIND12- SUDS SUPPORT1-MENTAL HEALTH RECOVERY2-BINGO |
| 229-PEER 2 PEER10- BOUNDARIES11-SMART12-KAREOKE1-WOMENS GROUP2-WALKING GROUP | 239- PROCOVERY10-BOUNDARIES & CODEPENDENCY11- ACT TOOLS 12- DEPRESSION SUPPORT1-SCHIZOPHRENIA SUPPORT2-WALKING GROUP3-RELATIONSHIP RECOVERY | 249- PANIC ATTACK SUPPORT10- SELF ESTEEM BUILDING11- TRIVIA**12-ART****1-MHA**2-TRAUMA RECOVERYYMCA WITH MIKE | 259—DUAL RECOVERY10-CREATIVE WRITING11-MENS GROUP12- GRIEF SUPPORT1-REFUGE RECOVERY2-WALKING GROUP | 269-EMOTIONS ANONYMOUS10-BIPOLAR SUPPORT11-BODY & MIND12- SUDS SUPPORT1-MENTAL HEALTH RECOVERY2-BINGO |
| 29CLOSED FOR MEMORIAL DAY | 30 9- PROCOVERY10-BOUNDARIES & CODEPENDENCY11- ACT TOOLS 12- DEPRESSION SUPPORT1-SCHIZOPHRENIA SUPPORT2-WALKING GROUP3-RELATIONSHIP RECOVERY | 319- PANIC ATTACK SUPPORT10- SELF ESTEEM BUILDING11- TRIVIA**12-MHA****1-MENTAL HEALTH MOVIE**2-TRAUMA RECOVERYYMCA WITH MIKE | May is Mental Health Awareness Month!See Wednesdays FOR MHA events! | Members Meeting will be the 3rd Wednesday of each month.Let your Voice be Heard!  |