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

**mm**

**Happy Halloween**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  |  |
|  |  |  |  |  |
| 1  9-PEER 2 PEER  10- BOUNDARIES  11-SMART  12-KAREOKE  1-WOMENS GROUP  2-WALKING GROUP | 2  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11- ACT TOOLS  12- DEPRESSION SUPPORT  1-SCHIZOPHRENIA SUPPORT  2-WALKING GROUP  3-RELATIONSHIP RECOVERY | 3  9- PANIC ATTACK SUPPORT  10- SELF ESTEEM BUILDING  11- TRIVIA  **12-MHA**  **1-MENTAL HEALTH MOVIE**  2-TRAUMA RECOVERY  YMCA WITH MIKE | 4  9-DUAL RECOVERY  10-CREATIVE WRITING  11-MENS GROUP  12- GRIEF SUPPORT  1-REFUGE RECOVERY  2-WALKING GROUP | 5  9-EMOTIONS ANONYMOUS  10-BIPOLAR SUPPORT  11-BODY & MIND  12-SUDS SUPPORT  1-MENTAL HEALTH RECOVERY  2-BINGO |
|  |  |  |  |  |
| 8  9-PEER 2 PEER  10- BOUNDARIES  11-SMART  12-KAREOKE  1-WOMENS GROUP  2-WALKING GROUP | 9  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11- ACT TOOLS  12- DEPRESSION SUPPORT  1-SCHIZOPHRENIA SUPPORT  2-WALKING GROUP  3-RELATIONSHIP RECOVERY | 10  9- PANIC ATTACK SUPPORT  10-SELF ESTEEM BUILDING  11- TRIVIA  **12-ART**  **1-MHA**  2-TRAUMA RECOVERY  YMCA WITH MIKE | 11  9-DUAL RECOVERY  10-CREATIVE WRITING  11-MENS GROUP  12- GRIEF SUPPORT  1-REFUGE RECOVERY  2-WALKING GROUP | 12  9-EMOTIONS ANONYMOUS  10-BIPOLAR SUPPORT  11-BODY & MIND  12-SUDS SUPPORT  1-MENTAL HEALTH RECOVERY  2-BINGO |
|  |  |  |  |  |
| 15  9-PEER 2 PEER  10- BOUNDARIES  11-SMART  12-KAREOKE  1-WOMENS GROUP  2-WALKING GROUP | 16  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11-ACT TOOLS  12- DEPRESSION SUPPORT  1-SCHIZOPHRENIA SUPPORT  2-WALKING GROUP  3-RELATIONSHIP RECOVERY | 17  9- PANIC ATTACK SUPPORT  10- SELF ESTEEM BUILDING  11- TRIVIA  **12-MEMBERS MEETING**  **1-MHA**  2-TRAUMA RECOVERY  YMCA WITH MIKE  **5:00-BRIDGES OPEN HOUSE**  **6:00-NAMI VIGIL** | 18  9—DUAL RECOVERY  10-CREATIVE WRITING  11-MENS GROUP  12- GRIEF SUPPORT  1-REFUGE RECOVERY  2-WALKING GROUP | 19  9-EMOTIONS ANONYMOUS  10-BIPOLAR SUPPORT  11-BODY & MIND  12- SUDS SUPPORT  1-MENTAL HEALTH RECOVERY  2-BINGO |
| 22  9-PEER 2 PEER  10- BOUNDARIES  11-SMART  12-KAREOKE  1-WOMENS GROUP  2-WALKING GROUP | 23  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11- ACT TOOLS  12- DEPRESSION SUPPORT  1-SCHIZOPHRENIA SUPPORT  2-WALKING GROUP  3-RELATIONSHIP RECOVERY | 24  9- PANIC ATTACK SUPPORT  10- SELF ESTEEM BUILDING  11- TRIVIA  **12-ART**  **1-MHA**  2-TRAUMA RECOVERY  YMCA WITH MIKE | 25  9—DUAL RECOVERY  10-CREATIVE WRITING  11-MENS GROUP  12- GRIEF SUPPORT  1-REFUGE RECOVERY  2-WALKING GROUP | 26  9-EMOTIONS ANONYMOUS  10-BIPOLAR SUPPORT  11-BODY & MIND  12- SUDS SUPPORT  1-MENTAL HEALTH RECOVERY  2-BINGO |
| 29  CLOSED FOR MEMORIAL DAY | 30  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11- ACT TOOLS  12- DEPRESSION SUPPORT  1-SCHIZOPHRENIA SUPPORT  2-WALKING GROUP  3-RELATIONSHIP RECOVERY | 31  9- PANIC ATTACK SUPPORT  10- SELF ESTEEM BUILDING  11- TRIVIA  **12-MHA**  **1-MENTAL HEALTH MOVIE**  2-TRAUMA RECOVERY  YMCA 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! |