

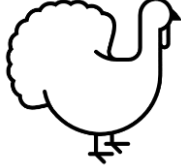




Bridges Community Center, Inc.

Peer Support, Advocacy and Empowerment
For Adults Recovering with Mental Illness

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>10-WEEKLY REFLECTION 11-ART 12-DUAL RECOVERY 1-SOBEROKEE</p>
<p>4</p> <p>10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-ANGER MANAGEMENT</p>	<p>5</p> <p>10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-HOLIDAY BLUES 1-MOVIE GROUP 3-RELATIONSHIP RECOVERY</p>	<p>6</p> <p>10- TRIVIA 11-THOUGHTS & FEELINGS 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY</p>	<p>7</p> <p>10-MENS GROUP 11- DBT TOOLS 12-WELLNESS GROUP 1-VETERANS SUPPORT</p>	<p>8</p> <p>10-WEEKLY REFLECTION 11-ART 12-DUAL RECOVERY 1-SOBEROKEE</p>
<p>11</p> <p>9-WRAP 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-ANGER MANAGEMENT</p>	<p>12</p> <p>10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-HOLIDAY BLUES 1- MOVIE GROUP 3-RELATIONSHIP RECOVERY</p>	<p>13</p> <p>10- TRIVIA 11-THOUGHTS& FEELINGS 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY</p>	<p>14</p> <p>10-MENS GROUP 11-DBT TOOLS 12-WELLNESS GROUP 1-DEFEATING LONELINESS</p>	<p>15</p> <p>10-WEEKLY REFLECTION 11-ART 12-DUAL RECOVERY 1-SOBEROKEE</p>
<p>18</p> <p>9-WRAP 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-ANGER MANAGEMENT</p>	<p>19</p> <p>10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-HOLIDAY BLUES 1-MOVIE GROUP 3-RELATIONSHIP RECOVERY</p>	<p>20</p> <p>10- TRIVIA 11-THOUGHTS & FEELINGS 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY</p>	<p>21</p> <p>10-MENS GROUP 11-DBT TOOLS 12-WELLNESS GROUP 1-VETERANS SUPPORT</p>	<p>22</p> <p>10-WEEKLY REFLECTION 11-ART 12-DUAL RECOVERY 1-SOBEROKEE</p>
<p>25</p> <p>9-WRAP 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-ANGER MANAGEMENT</p>	<p>26</p> <p>10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-HOLIDAY BLUES 1-MOVIE GROUP 3-RELATIONSHIP RECOVERY</p>	<p>27</p> <p>10- TRIVIA 11-THOUGHTS & FEELINGS 12-THANKSGIVING LUNCH 2-TX COURT 3-TRAUMA RECOVERY</p>	<p>28</p> <p>CLOSED FOR THANKSGIVING</p>	<p>29</p> <p>CLOSED FOR THANKSGIVING</p>

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