

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> 	<p>2</p> <p>Men's & Women's Group 3pm</p> <hr/> <p>Stress Management w/ Heather - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>3</p> 	<p>4</p> <p>Meal Planning w/ Helise - 3pm</p> <hr/> <p>Creating TGP New Sign w/ Everyone - 4pm</p> <hr/> <p>Community Meal 6pm</p>	<p>5</p> <p>Meeting w/ Marie - 12pm</p> <hr/> <p>Recovery w/ Donna - 1pm</p> <hr/> <p>Book Club w/ Aaron - 3pm</p>	<p>6</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Community Meeting w/ Aaron - 1:30pm</p> <hr/> <p>Intro to Spanish w/ Shavi - 3pm</p>	<p>7</p> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Bingo 1:30pm</p>
<p>8</p> 	<p>9</p> <p>Men's & Women's Group 3pm</p> <hr/> <p>Stress Relief w/ Heather - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>10</p> 	<p>11</p> <p>Narcarn Training w/ Lakashia - 3pm</p> <hr/> <p>5 Stages of Change w/ Helise - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>12</p> <p>Community Resources w/ Shane - 11:30am</p> <hr/> <p>Art Therapy 12:30pm-2PM</p> <hr/> <p>Book Club w/ Aaron - 3pm</p>	<p>13</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Valentine's Day Party 1pm-5pm</p>	<p>14</p> <p>Dance Class w/ Shavi - 10:30am</p> <hr/> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Music Therapy w/ Scott - 1:30pm</p>
<p>15</p> 	<p>16</p> <p>Men's & Women's Group 3pm</p> <hr/> <p>Mental Health Warning Signs w/ Heather - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>17</p> 	<p>18</p> <p>SMART Goals w/ Helise - 3pm</p> <hr/> <p>Chess Tournament 4pm</p> <hr/> <p>Community Meal 6pm</p>	<p>19</p> <p>CPR Training 10am - Wellness Hub</p> <hr/> <p>Recovery w/ Donna - 1pm</p> <hr/> <p>Book Club w/ Aaron - 3pm</p>	<p>20</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Community Meeting w/ Aaron - 1:30pm</p> <hr/> <p>Movie Friday 3pm-5pm</p>	<p>21</p> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Music Therapy w/ Scott - 1:30pm</p>
<p>22</p> 	<p>23</p> <p>Men's & Women's Group 3pm</p> <hr/> <p>Managing Emotions w/ Heather - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>24</p> 	<p>25</p> <p>Boundary Setting w/ Helise - 3pm</p> <hr/> <p>Positive Selfishness w/ Helise - 5pm</p> <hr/> <p>Community Meal / Faith Based Group 6pm</p>	<p>26</p> <p>Community Resources w/ Shane - 12pm</p> <hr/> <p>Recovery w/ Donna - 1pm</p> <hr/> <p>Book Club w/ Aaron - 3pm</p>	<p>27</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Community Meeting w/ Aaron - 1:30pm</p> <hr/> <p>Recognition Hour 3pm-4pm</p>	<p>28</p> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Karaoke 1:30pm</p>

