



AUGUST

END OF
SUMMER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9AM-10AM Coffee Time 11AM Yoga 2PM Creative Writing 3PM Technology Help	10AM Crystal Healing w/ Cynthia 3:30PM Job Readiness/ Resume Help 7PM NA It Works	9AM-10AM Coffee Time 11AM Trivia 12PM Food Locker 1PM Parenting Support Group 3PM Maintaining Recovery and Personal Wellness	10:00AM Process Group for Community With-in 1PM Recovery Group 2PM Crafty Cluster 3PM Maximizing Your Assets/Budgeting	9AM-10AM Coffee Time 10:30AM Giving Back Group/Quinn Cares Check In 11AM Yoga 3PM Bingooo!	12:30PM Bingooo! 2PM Food Locker

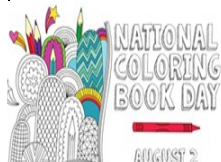



ORANGE = SOCIAL CONNECTEDNESS
 BLUE = PHYSICAL WELLBEING
 RED = EMOTIONAL BALANCE

PURPLE = PERSONAL GROWTH
 GREEN = STABILITY



BE THE
Sunshine



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 	3	4	5	6
7	8	9	10 	11 Cooking Group @2:30PM	12-13 To participate in Cooking Group you must stay for the ENTIRE group :) Staff will cook and clean and have a fun activity to go along with the cooking!	
14	15	16	17	18 Meet the New PDC with Popcorn & Popsicles! @2:30PM	19 	20
21	22	23	24	25	26 NATIONAL DOG DAY 	27
28	29	30	31		