



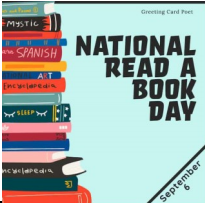
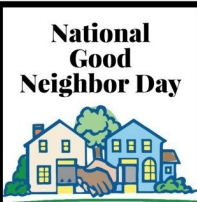
SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9AM-10AM Coffee Time 11AM Yoga 2PM Creative Writing 3PM Technology Help	9AM-10AM Walking Group 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 Within 1PM Recovery Group 2PM Crafty Cluster 3PM Maximizing Your Assets/Budgeting	9AM-10AM Coffee Time 11AM Yoga 3PM Bingooo!	9AM-10AM Coffee Time 11AM Bingooo! 2PM Food Locker 3PM Crafty Cluster



September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ORANGE = SOCIAL CONNECTEDNESS BLUE = PHYSICAL WELLBEING RED = EMOTIONAL BALANCE		PURPLE = PERSONAL GROWTH GREEN = STABILITY		1	2	3
4	5 Labor Day	6 	7	8	9	10 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!
11	12	13	14	15	16 Cooking Group 11AM	17
18	19	20	21	22 Self Care Group 2PM	23 Meditation and Journaling Group 10:30AM	24
25	26	27	28 	29	30	