

JANUARY 2022 – VIRTUAL PROGRAMS

SATURDAY/ SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 CLOSED	3 CLOSED	4	5	6 10.30 - Resolution Planning 2.00 - Virtual Gaming (Jackbox)	7 11.00 - Peer Support Circle 2.00 - Open Group
8/9 CLOSED	10 10.30 - 52 Week Budget Planning 2.00 - Wellness Program	11 10.30 - Open Group 2.00 - Depression & Anxiety	12 10.30 - Laugh Yoga 2.00 - Cognitive Behavioral Therapy	13 10.30 - Open Group 2.00 - Virtual Gaming (Jackbox)	14 11.00 - Creating a Simple Cook Book 2.00 - Peer Support Circle
15/16 CLOSED	17 10.30 - Open Group 2.00 - Wellness Program	18 10.30 - Personal Development: Dealing with Gossip 2.00 - Depression & Anxiety	19 10.30 - Member's Meeting 2.00 - Cognitive Behavioral Therapy	20 10.30 - Open Group 2.00 - Virtual Gaming (Jackbox)	21 11.00 - Open Group 2.00 - Peer Support Circle
22/23 CLOSED	24 10.30 - Healthy Living: Avoid Negativity Within Yourself 2.00 - Wellness Program	25 10.30 - Open Group 2.00 - Depression & Anxiety	26 10.30 - Open Group 2.00 - Cognitive Behavioral Therapy	27 10.30 - Personal Development: Forgiveness 2.00 - Virtual Gaming (Jackbox)	28 11.00 - Countries of the World: Hawaii 2.00 - Open Group
29/30 CLOSED	31 10.30 - Personal Development: Mindfulness in everyday life 2.00 - Wellness Program				Anxiety? Feeling Alone? Overwhelmed? Peer Support is only a phone call away with our direct phoneline: 705-498-9925 Monday - Friday 9 am - 4pm

