

FEBRUARY 2018

UPCOMING EVENTS OF THE MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3
4	5	6	7	8	9	10

- CHILDREN
- TWEENS (AGES 9 – 12 YRS)
- TEENS (AGES 13 – 17 YRS)
- ADULTS (18 YRS+)
- ALL AGES WELCOME

5TH FEBRUARY 2018

MOTHERLESS DAUGHTERS SUPPORT GROUP

(We meet every other week) 6:30 PM to 8:00 PM

6TH FEBRUARY 2018

HEALING THROUGH MEDITATION

Adults (18+ years) 12 : 00 PM to 1 : 00 PM

CAREGIVER SUPPORT GROUP

Caregiver Burnout? Supporting a Loved One with High Emotional Needs

Adults (18+ years) 6 : 00 PM to 7 : 30 PM

10TH FEBRUARY 2018

VAL-YOU WORKSHOP

Create your own Vision Board

Adults (20+ years) 11:00 AM to 2:00 PM

12TH FEBRUARY 2018

MENTAL HEALTH FIRST AID INFORMATIONAL SESSION

Adults (18+ years) 10 : 00 AM to 11 : 30 AM

GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

(We meet every other week) 5:30 PM – 7:00 PM

13TH FEBRUARY 2018

MENTAL HEALTH FIRST AID INFORMATIONAL SESSION

Adults (18+ years) 6 : 00 PM to 7 : 30 PM

17TH FEBRUARY 2018

HEALING THROUGH MEDITATION

Adults (18+ years) 12 : 00 PM to 1 : 00 PM

19TH FEBRUARY 2018

MOTHERLESS DAUGHTERS SUPPORT GROUP

(We meet every other week) 6:30 PM to 8:00 PM

CONNECTING COUNSELORS EVENT

Adults (18+ years) 5:30PM to 7:30PM

20TH FEBRUARY 2018

TWEEN TALK

The Social Tween

(9–12 years) 5:00 PM to 6:00 PM

CAREGIVER SUPPORT GROUP

Caregiver Burnout? Supporting a Loved One with High Emotional Needs

Adults (18+ years) 6 : 00 PM to 7 : 30 PM

ANXIETY MANAGEMENT SKILLS

Adults (18+ years) 6:30 PM to 8:00 PM

(8-WEEK COURSE - Tuesdays)

21ST FEBRUARY 2018

RELATIONSHIP REVIVAL SEMINAR

Seasons of Togetherness: How Relationships Change Over Time

Adults (18+ years) 9:30AM to 11AM

25TH FEBRUARY 2018

LITTLE LIFETIMES

Pregnancy & Infant Loss Support Group

Adults (18+ years) 10:00 AM to 11:30 AM

26TH FEBRUARY 2018

HEALING THROUGH MEDITATION

Adults (18+ years) 6:30 PM to 7:30 PM

GENERAL GRIEF SUPPORT GROUPS

(FOR ADULTS, TEENS, MIDDLES, & LITTLES)

(We meet every other week) 5:30 PM to 7:00 PM

MOMMY MONDAYS SEMINAR

Positive Discipline Strategies

Adults (18+ years) 9:00 AM to 10:30 AM

MENTAL HEALTH FIRST AID YOUTH TRAINING (4-PART COURSE)

February 26th, March 5th, 12th & 19th

Adults (18+ years) 5:00PM to 8:30PM

28TH FEBRUARY 2018

MENTAL HEALTH FIRST AID PUBLIC TRAINING (4-PART COURSE)

February 28th, March 7th, 14th & 21st

Adults (18+ years) 5:30PM to 8:30PM

SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP

Supporting individuals who are grieving the death of someone to suicide.

6 : 00 PM to 7 : 30 PM

COPING WITH CANCER

A Support Group for those affected by cancer to help them cope with the disease through emotional support and sharing of information.

6 : 30 PM to 8 : 00 PM

