

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills: Managing Intense Emotion	4 10:00 Mental Health Nutrition 1:00 Personal Support Plan with Bruna	5 10:00 Dr.Norma's Mental Health Group: Anxiety Series 12:45 Relaxation Therapy	6 10:00 Anger Management Series 1:00 Understanding Yourself: Personal Boundaries	7 10:00 Creative Writing Workshop 1:00 Art Therapy
10 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills: Asserting Yourself	11 10:00 Understanding Yourself: People Pleasing 1:00 Journal Workshop	12 10:00 Dr.Norma's Mental Health Group: Anxiety Series 1:00 Relaxation Therapy	13 10:00 Art Workshop: Crystal Necklace/Ring Making <i>*pre-registration mandatory</i> 1:00 Building Self Esteem Part 1	14 Program Closed Good Friday
17 10:00 Weekly Check in & Goal Setting 1:00 Communication Skills: Passive Versus Aggressive Styles	18 10:00 Mental Health Nutrition 1:00 Personal Support Plan with Bruna	19 10:00 Dr.Norma's Mental Health Group: Anxiety Series 1:00 Relaxation Therapy	20 Program Closed	21 10:00 Family Dynamics: Birth Order 1:00 Art Therapy: Tie Dye T-Shirts <i>*pre-registration mandatory</i>
24 10:00 Weekly Check in & Goal Setting 1:00 Anger Management Series	25 10:00 Understanding Ourselves: The Wise Mind 1:00 Building Self Esteem Part 2	26 10:00 Dr.Norma's Mental Health Group: Anxiety Series 1:00 Relaxation Therapy	27 Outing 10:00 Bowling <i>*pre-registration mandatory</i> 1:00 Family Dynamics: Genogram	28 10:00 Yoga with Danae 1:00 Board Game Tournament