



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11am - Journaling 11am - Gardening (CMY) 1pm - Arts & Crafts	2 10am - Bingo 12:30pm - Motivation Through Art	3 10am - Crochet Group 2pm - Karaoke 7Open Mic	4
5 Happy Easter	6 11am - Health & Wellness 1pm - Games	7 10am - Making Connections 1pm - Arts & Crafts	8 11am - Journaling 11am - Cooking On A Budget (CMY) 1pm - Arts & Crafts	9 10am - Bingo 12:30pm - Motivation Through Art	10 10am - Crochet Group 2pm - Karaoke /Open Mic	11
12	13 11am - Health & Wellness 1pm - Games	14 10am - Making Connections 1pm - Arts & Crafts	15 MATHIAS BOTANICAL GARDEN Outing	16 10am - Bingo 12:30pm - Motivation Through Art	17 10am - Crochet Group 2pm - Karaoke /Open Mic	18
19	20 11am - Health & Wellness 1pm - Games	21 10am - Making Connections 1pm - Arts & Crafts	22 11am - Journaling 11am - Cooking On A Budget (CMY) 1pm - Arts & Crafts	23 10am - Bingo 12:30m - Motivation Through Art	24 10am - Meditation Group 2pm - Karaoke /Open Mic	25
26	27 11am - Health & Wellness 1pm - Games	28 10am - Making Connections 1pm - Arts & Crafts	29 11am - Journaling 11am - Gardening (CMY) 1pm - Arts & Crafts	30 10am - Bingo 12:30pm - Motivation Through Art		



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Support can be individual or in groups, which can help with life challenges and/or mental health struggles.

All support groups are free to anyone in the community 18 or older to attend



CMY are groups held by Caring Minds for Youth

