

| SUNDAY CLOSED                                                                      | MON 9-4                                                                                                                                                         | TUES 9-4                                                                                                                                   | WED 9-8                                                                                                                                                                        | THURS 9-8                                                                                                                                               | FRI 9-8                                                                                                                                      | SAT 10-3 |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <b>No Appointment Necessary!</b>                                                   |                                                                                                                                                                 |                                                                                                                                            | 1<br>10:30AM MH Check In<br>11AM Just For Today<br>12PM Daily Reflections<br>1PM Open<br>2PM- Movie                                                                            | 2<br>10:30AM MH Check In<br>11AM Just For Today<br>12PM Daily Reflections<br>1PM NA Open<br>2PM- Weekly WrapUp-<br>What's Coming                        | 3 <b>Closed for Holiday</b><br>                           |          |
|  | 6<br>10AM MH Check-In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Art Group Therapy<br>2PM QA-Ask A Peer<br>(Recovery Supports)<br>3PM Check Out | 7<br>10AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>2PM A.A. Big Book<br>3PM Step Meeting<br>3:30PM Check Out     | 8<br>10:30AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Overcome Stigmas<br>2PM What Works For You<br>(Explore Recovery Paths)<br>3PM Check Out    | 9<br>10AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Life Skills (Resume)<br>2PM Recovery Trivia<br>3PM Check Out           | 10<br>10:30AM MH Check In<br>11AM Daily Reflections<br>11:30AM Just For Today<br>1PM Seeking Safety<br>2PM Weekly Info Wrap<br>What's coming |          |
|                                                                                    | 13<br>10:30AM MH Check-In<br>11AM Mindfulness<br>11:30Am Grief & Loss<br>1PM Art Therapy<br>2PM Q&A- Ask a Peer<br>(Recovery Support)<br>3PM Check Out          | 14<br>10:30AM MH Check-In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>2PM A.A. Big Book<br>3PM Step Meeting<br>3:30PM Check Out | 15<br>10:30AM MH Check-In<br>11AM Just For Today<br>11:30AM Daily Reflection<br>1PM Movie<br>3PM Check Out                                                                     | 16<br>10AM MH Check-In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Life Skills (Housing)<br>2PM Open N.A<br>3PM Check Out                | 17<br>10:30AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Seeking Safety<br>2PM Weekly Info Wrap<br>What's coming |          |
|                                                                                    | 20<br>10:30AM MH Check-In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Art Therapy<br>2PM Q&A- Ask a<br>Peer(Recovery Supports)<br>3PM Check Out  | 21<br>10AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>2PM Big Book A.A.<br>3PM Step Meeting<br>3:30PM Check Out    | 22<br>10:30AM MH Check In<br>11AM Daily Reflections<br>11:30AM Just For Today<br>2PM Open Discussion<br>3PM Check Out                                                          | 23<br>10:30AM MH Check-In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Life Skills (Recovery<br>Housing)<br>2PM Open N.A<br>3PM Check Out | 24<br>10:30AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Seeking Safety<br>2PM Weekly Info Wrap<br>What's coming |          |
|                                                                                    | 27<br>10:30AM MH Check-In<br>11AM Just For Today<br>1PM Art Therapy<br>2PM Daily Reflections<br>3PM Check Out                                                   | 28<br>10AM MH Check-In<br>11AM Just For Today<br>1PM LGBTQIA Support<br>Group<br>2PM Art Work Group                                        | 29<br>10:30AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Recovery in the Park-<br>Reflection & Journaling<br>(notebooks included)<br>3PM Check Out | 30<br>10:30AM MH Check In<br>11AM Just For Today<br>11:30AM Daily Reflections<br>1PM Life Skills (Communication)<br>2PM Open NA<br>3PM Check Out        | 31<br>10:30AM MH Check In<br>11AM Daily Reflections<br>11:30AM Just For Today<br>1PM Seeking Safety<br>2PM Weekly Info Wrap<br>What's coming |          |