

MARCH 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02 	03 Build Your Own Stress Ball 4-6pm	04 Mardi Gras Cupcakes 2:30-5pm  Therapy Dog Lola 3:30-4:30pm	05 Warm Drink Making 2:30-5pm	06 Button Making 4-5pm	07  Spring Crafts 2:30-5:30pm	08
09 	10 Out and About 4-5pm	11	12  S'mores 2:30-5pm	13	14 Karaoke Night 2:30-5pm 	15 
16 	17 Creative Writing Workshop 4-6pm	18  Therapy Dog Lola 3:30-4:30pm	19 Pancake Day 2:30-5pm 	20 Positivity Jars 2:30-5pm	21 YAC Meeting 4:30-5:30pm	22
23 	24 Out and About  4-5pm	25 D&D Program 4-5pm	26 Women's History Month Kahoot 3-5pm	27 Therapy Dog Nyx 5:15-6:15pm 	28 Mug Cake 3-5pm	29 
30	31	01	02	03	04	08

Supports available for walk-in or appointment:

- Primary care/Nurse Practitioner
- Addiction Support
- Mental Health Services

Supports available daily:

- Peer Support 2pm-7pm
- Wellness Team Services 11am-1pm & 2pm-7pm