

# NOVEMBER 2023 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
			<b>Paint and Sip</b> 4:30-5:30pm 			
05	06	07	08	09	10	11
	<b>MYAC Meeting</b> 5:00-6:30pm <b>CMHA Virtual Trivia</b> 4:00-5:00pm		 <b>Indoor S'mores and DBT Programming</b> 4:30-5:30pm			
12	13	14	15	16	17	18
		 <b>The Grove Hubs Trivia</b> 4:00-5:00pm	<b>Foam Stamp Making</b> 4:30-5:30pm		<b>Concurrent Game Day</b> 12:00-12:30pm	
19	20	21	22	23	24	25
	<b>MYAC Event</b> 5:00-6:30pm <b>CMHA Virtual Trivia</b> 4:00-5:00pm	<b>Mini Pizzas</b> 4:00-5:30pm	<b>Apple Cider</b> 4:00-5:30pm 			
26	27	28	29	30	01	02
	<b>Book Club</b> 4:30-5:30pm 		<b>Mug Sleeve Making</b> 4:30-5:30pm			

**Supports available for walk-in or appointment:**

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

**Supports available daily:**

- Peer Support
- Wellness Team Services