

APRIL

AT ISLAND COMMUNITY MENTAL HEALTH

MONDAY

BEACH CLEANUP
10:30 - 11:30

VIRTUAL GOALS
1 - 2

MEN'S GROUP
1 - 2:30

**OPEN COMPUTER
LAB**
1 - 3

TUESDAY

**INTERGENERATIONAL
COFFEE & CHAT**
11:30 - 12:30

**NEW!!
COMMUNITY
LUNCH**
11:30 - 12:30
15 APRIL - ONGOING

ART
1 - 3

**SENIORS' ACTIVITY
CLUB**
1 - 3

YOGA WITH SARA
4 - 5
3 MAR - 2 JUN

WEDNESDAY

JOURNALING
9:30 - 10:30

**BRIDGING
WEDNESDAYS**
11:30 - 12:30

CBT
1 - 2:30
START TBD

**NEW!!
WOMEN'S GROUP**
1 - 2:30
START TBD

SENIORS' COFFEE
1 - 3

THURSDAY

ANXIETY GROUP
11 - 12:30
START TBD

**INTERGENERATIONAL
GAMES DAY**
11:30 - 3

**OPEN COMPUTER
LAB**
1 - 3

TALK & STEP
2 - 3

FRIDAY

VIRTUAL GOALS
9 - 10

**EMOTIONAL
WELLNESS**
11:30 - 12:30
START TBD

ART
1 - 3

**NEW!!
QUEER GROUP**
1 - 2:30
START TBD