

February

AT ISLAND COMMUNITY MENTAL HEALTH

MONDAY

BEACH CLEANUP
10:30-11:30

MEN'S GROUP
1-2:30

OPEN COMPUTER
LAB
1-3

TUESDAY

INTERGENERATIONAL
COFFEE & CHAT
11:30-12:30

ART
1 - 3

MINDFULNESS
1-2:30
20 JAN - 24 FEB

SENIORS' ACTIVITY
CLUB
1-3

YOGA WITH SARA
4-5
6 JAN - 3 FEB

WEDNESDAY

JOURNALING
9:30-10:30

NEW!
COMMUNITY LUNCH
EVERYONE WELCOME!
12 - 1
FEB 18 ONGOING

BRIDGING
WEDNESDAYS
11:30-12:30

CBT
1-2:30
21 JAN - 25 FEB

SENIORS' COFFEE
1-3

THURSDAY

ANXIETY GROUP
11-12:30
22 JAN - 26 FEB

INTERGENERATIONAL
GAMES DAY
11:30-3

OPEN COMPUTER
LAB
1-3

TALK & STEP
2-3

FRIDAY

VIRTUAL GOALS
9-10

ART
1 - 3

EMOTIONAL
WELLNESS
1-2:30
23 JAN - 27 FEB