

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