

ISLAND COMMUNITY MENTAL HEALTH

# JULY

## MONDAY

**BEACH CLEANUP**  
10:30 - 11:30  
ROTATING LOCATIONS  
ALL SUMMER

**VIRTUAL GOALS**  
1 - 2

**MEN'S GROUP**  
1 - 2:30

**OPEN COMPUTER  
LAB**  
1 - 3

**COMMUNITY  
ACUPUNCTURE**  
1:30 - 2:30

## TUESDAY

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

**COMMUNITY  
LUNCH**  
11:30 - 12:30

**ART**  
1 - 3

**SENIORS' ACTIVITY  
CLUB**  
1 - 3

**YOGA WITH SARA**  
4 - 5

## WEDNESDAY

**JOURNALING**  
9:30 - 10:30

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

**CBT BASICS**  
1 - 2:30  
15 JULY - 19 AUG

**WOMEN'S GROUP**  
1 - 2:30

**SENIORS' COFFEE**  
1 - 3

## THURSDAY

**ANXIETY GROUP**  
11 - 12:30  
16 JULY - 20 AUG

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

**QUEER GROUP**  
12:30 - 2

**OPEN COMPUTER  
LAB**  
1 - 3

**TALK & STEP**  
2 - 3

**CRAFT & CONNECT  
AT LUTHER COURT**  
3 - 4

## FRIDAY

**VIRTUAL GOALS**  
9 - 10

**MINDFULNESS**  
11 - 12:30  
17 JULY - 21 AUG

**ART**  
1 - 3

