

June

AT ISLAND COMMUNITY MENTAL HEALTH

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

**NEW!!
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 SKILLS
1 - 2:30
13 MAY - 24 JUN

WOMEN'S GROUP
1 - 2:30

SENIORS' COFFEE
1 - 3

THURSDAY

ANXIETY GROUP
11 - 12:30
21 MAY - 25 JUN

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

QUEER GROUP
12:30 - 2

**OPEN COMPUTER
LAB**
1 - 3

TALK & STEP
2 - 3

FRIDAY

VIRTUAL GOALS
9 - 10

**EMOTIONAL
WELLNESS**
11 - 12:30
22 MAY - 26 JUN

ART
1 - 3