

# MAY

## 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

### TUESDAY

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

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

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

**NEW!!  
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

**NEW!!  
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