November

AT ISLAND COMMUNITY MENTAL HEALTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEACH CLEANUP 10:30 - 11:30 ROTATING LOCATIONS	**INTERGENERATIONAL COFFEE & CHAT** 11:30 - 12:30	**JOURNALING** 9:30 - 10:30	**MINDFULNESS** 11 - 12:30 12 NOV - 17 DEC	**VIRTUAL GOALS** 9 - 1 0
MEN'S GROUP 12 - 1:30	**COMMUNITY LUNCH** 11:30 - 12:30	**BRIDGING WEDNESDAYS** 11:30 - 12:30	**DROP-IN MINDFUL MEDITATION** 12:30 - 1	**EMOTIONAL WELLNESS** 11 - 12:30 13 NOV - 18 DEC
OPEN COMPUTER LAB 1 - 3	**ANXIETY GROUP** 1 - 2:30 17 NOV - 15 DEC	**CBT BASICS** 1 - 2:30 4 NOV - 16 DEC	**GAMES DAY** 11:30 - 3	**ART** 1 - 3
COMMUNITY ACUPUNCTURE 1:30 - 2:30	**ART** 1 - 3	**WOMEN'S GROUP** 1 - 2:30	**QUEER GROUP** 12:30 - 2	
NEW **DROP IN LIFESTYLE & WELLNESS** 2:30 - 3:30 ROTATING TOPICS	**SENIORS' ACTIVITY CLUB** 1 - 3	**SENIORS' COFFEE** 1 - 3	**OPEN COMPUTER LAB** 1 - 3	
	YOGA WITH SARA 4 - 5		**TALK & STEP** 2 - 3	