

October

AT ISLAND COMMUNITY MENTAL HEALTH

MONDAY

BEACH CLEANUP
10:30 - 11:30
ROTATING LOCATIONS

MEN'S GROUP
12 - 1:30

**OPEN COMPUTER
LAB**
1 - 3

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

NEW
**DROP IN
LIFESTYLE & WELLNESS**
2:30 - 3:30
ROTATING TOPICS

TUESDAY

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

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

ANXIETY GROUP
1 - 2:30
29 SEPT - 3 NOV

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
16 SEPT - 28 OCT

WOMEN'S GROUP
1 - 2:30

SENIORS' COFFEE
1 - 3

THURSDAY

MINDFULNESS
11 - 12:30
17 SEPT - 22 OCT

NEW
**DROP-IN MINDFUL
MEDITATION**
12:30 - 1

GAMES DAY
11:30 - 3

QUEER GROUP
12:15 - 1:45

**OPEN COMPUTER
LAB**
1 - 3

TALK & STEP
2 - 3

FRIDAY

VIRTUAL GOALS
9 - 10

**EMOTIONAL
WELLNESS**
11 - 12:30
18 SEPT - 16 OCT

ART
1 - 3

NEW
**PARTICIPANT LED
MUSICAL JAM SESH**
3 - 4



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