

# March

2019

## Title

## ARMHS GROUPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27 Woman's group 5-7 "Women's Night Out"	28 "Talk Zone" 2:00 pm	1 "Health Challenge" 1:00 pm	2
3	4 11:00 am- Spring Cleaning 12:00 pm- Exploring ME 5:30pm Peer Recovery Support	5	6 Woman's group 5-7 "Loss of Control Wheel- Feelings"	7 "Talk Zone" 2:00 pm	8 "Health Challenge" 1:00 pm	9
10	11 11:00 am- Spring Cleaning 12:00 pm- Exploring ME	12	13 Woman's group 5-7 "Loss of Control Wheel- Negative Coping Choices"	14 "Talk Zone" 2:00 pm	15 "Health Challenge" 1:00 pm	16
17 St. Patrick's Day	18 11:00 am- Spring Cleaning 12:00 pm- Exploring ME  5:30pm Peer Recovery Support	19	20 Woman's group 5-7 "Loss of Control Wheel- Active Coping Strategies"	21 "Talk Zone" 2:00 pm	22 "Health Challenge" 1:00 pm	23
24/31	25 11:00 am- Spring Cleaning 12:00 pm- Exploring ME	26	27 Woman's group 5-7 "Movie & Pizza Night"	28 "Talk Zone" 2:00 pm	29 "Health Challenge" 1:00 pm	30

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## FRIENDSHIP CENTER HOURS & ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 12 pm-4 pm	25 1 pm-5 pm	26 1 pm-8 pm	27 1 pm-5 pm	28 1 pm-8 pm	1 1 pm-8 pm 6 pm pool	2 12 pm-4 pm
3 12 pm - 8 pm	4 1 pm-5 pm 5:30 pm - 7:30 pm Peer Support Group	5 1 pm-8 pm WII Games	6 1 pm-5 pm	7 Kat's Kraft's (1 -4) 1 pm-8 pm WII Games (Mature) 6 pm	8 1 pm-8 pm WII Bowling 6 pm	9 12 pm-4 pm
10 12 pm-4-pm SUNDAY BINGO 1 pm-3 pm	11 1 pm-5 pm	12 1 pm-8 pm WII Games	13 1 pm-5 pm CSP Advisory Council 2:30 pm	14 1 pm-8 pm	15 1 pm-8 pm WII Games 6 pm	16 12 pm-4 pm
17 12 pm-4-pm	18 1 pm-5 pm 5:30-7:30 Peer Support Group	19 1 pm-8 pm WII Games	20 1 pm-5 pm	21 Kat's Kraft's (1 -4) 1 pm-8 pm WII Games (Mature) 6 pm	22 1 pm-8 pm CSP Activity @ Runestone Museum BINGO 6 pm	23 12 pm-4 pm
24/31 12 pm-4-pm	25 1 pm-5 pm	26 1 pm-8 pm WII Games	27 1 pm-5 pm	28 1 pm-8 pm	29 1 pm-8 pm	30 12 pm-4 pm