

MAY

MENTAL HEALTH MONTH

2022

Please look to Newsletter for more specific times and details!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Center open 10 - 3 Arts and Crafts 1-3	Center open 10- 3 Coffee Talk 11- 1	Center closed	LAC meeting Center open 10:30 Video/discussion group 1-3	Center closed	
8	9	10	11	12	13	14
	Center open 10 - 3 Arts and Crafts 1-3	Center open 10- 3 Coffee Talk 11- 1	Center closed	Center open 10- 3 Video/discussion group 1-3	Center will be open after mental health panel at courthouse	
15	16	17	18	19	20	21
	Center open 10 - 3 Arts and Crafts 1-3	Center open 10-3 Coffee Talk 11- 1	Center closed	Center open 10-3 Video/discussion group 1-3	Center open 10-3 Birthday club 1-3 Mental Health Walk Vikingland CSP Alexandria	
22	23	24	25	26	27	28
	Center open 10 - 3 Arts and Crafts 1-3	Center open 10-3 Coffee Talk 11- 1	Center closed	Center open 10-3 Video/discussion group 1-3	Center open 10 - 3 Sub Sandwiches 11 - 2	
29	30	31				
	Center open 10 - 3 Arts and Crafts 1-3	Center open 10-3 Coffee Talk 11- 1				