

February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m.</p> <p>WORKSHOPS: Coping with Grief and Loss, noon Creative Coping 6 p.m.</p>	<p>2</p> <p>DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	<p>3</p>	<p>4</p> <p>WORKSHOPS: Helping teens cope with a “new reality” 1 p.m.</p> <p>Staying Well: An emotional health workshop for teens, 2 p.m.</p>
<p>5</p>	<p>6</p> <p>DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m. WORKSHOPS: Coping with grief and loss, 6 p.m. Notes to Self: A wellness series for teens and young adults, 7:15 p.m.</p>	<p>7</p> <p>DISCUSSION GROUPS: Support for people who are grieving, noon Support for those with SAD (Seasonal Affective Disorder), 6 p.m.</p>	<p>8</p> <p>DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m.</p> <p>WORKSHOPS: Coping with Grief and Loss, noon Creative Coping 6 p.m.</p>	<p>9</p> <p>DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	<p>10</p>	<p>11</p> <p>WORKSHOPS: Helping teens cope with a “new reality” 1 p.m.</p> <p>Staying Well: An emotional health workshop for teens, 2 p.m.</p>
<p>12</p>	<p>13</p> <p>DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>Notes to Self: A wellness series for teens and young adults, 7:15 p.m.</p>	<p>14</p> <p>DISCUSSION GROUPS: Support for people who are grieving, noon Support for those with SAD (Seasonal Affective Disorder), 6 p.m.</p>	<p>15</p> <p>DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m.</p>	<p>16</p> <p>DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	<p>17</p>	<p>18</p>

<p>19</p>	<p>20 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m. WORKSHOPS: Coping with grief and loss, 6 p.m.</p>	<p>21 DISCUSSION GROUPS: Support for people who are grieving, noon Support for those with SAD (Seasonal Affective Disorder), 6 p.m.</p>	<p>22 DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m. WORKSHOPS: Coping with Grief and Loss, noon Creative Coping 6 p.m.</p>	<p>23 DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	<p>24</p>	<p>25 WORKSHOPS: Helping teens cope with a “new reality” 1 p.m. Staying Well: An emotional health workshop for teens, 2 p.m.</p>
<p>26</p>	<p>27 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m. WORKSHOPS: Coping with grief and loss, 6 p.m.</p>	<p>28 DISCUSSION GROUPS: Support for people who are grieving, noon Support for those with SAD (Seasonal Affective Disorder), 6 p.m.</p>				