

April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1 WORKSHOPS: Coping with grief and loss - for teens and young adults, 1 p.m. Staying Well: An emotional health workshop for teens, 2 p.m.</p>
2	<p>3 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>WORKSHOP: Coping with grief and loss, 6 p.m.</p>	<p>4 DISCUSSION GROUP: Support for people who are grieving, noon</p>	<p>5 DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m. Sea Amable con su Mente - Se habla español, 7 p.m.</p> <p>WORKSHOPS: Coping with Grief and Loss, noon / Creative Coping, 6 p.m.</p>	<p>6 DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	7	<p>8 WORKSHOPS: Coping with grief and loss - for teens and young adults, 1 p.m.</p> <p>Staying Well: An emotional health workshop for teens, 2 p.m.</p>
9	<p>10 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>WORKSHOPS: Coping with grief and loss, 6 p.m. Wellness Workshops for teens & young adults experiencing anxiety, 7:15 p.m.</p>	<p>11 DISCUSSION GROUP: Support for people who are grieving, noon</p>	<p>12 DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m. Sea Amable con su Mente - Se habla español, 7 p.m.</p> <p>WORKSHOPS: Coping with Grief and Loss, noon Creative Coping, 6 p.m.</p>	<p>13 DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	14	<p>15 WORKSHOPS: Coping with grief and loss - for teens and young adults, 1 p.m.</p> <p>Staying Well: An emotional health workshop for teens, 2 p.m.</p>

<p>16</p>	<p>17 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>WORKSHOPS: Coping with grief and loss, 6 p.m. Wellness Workshops for teens & young adults experiencing anxiety, 7:15 p.m.</p>	<p>18 DISCUSSION GROUP: Support for people who are grieving, noon</p>	<p>19 DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m. Sea Amable con su Mente - Se habla español, 7 p.m. WORKSHOPS: Coping with Grief and Loss, noon Creative Coping 6 p.m.</p>	<p>20 DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	<p>21</p>	<p>22 WORKSHOPS: Coping with grief and loss - for teens and young adults, 1 p.m.</p> <p>Staying Well: An emotional health workshop for teens, 2 p.m.</p>
<p>23</p>	<p>24 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>WORKSHOP: Wellness Workshops for teens & young adults experiencing anxiety, 7:15 p.m.</p>	<p>25 DISCUSSION GROUP: Support for people who are grieving, noon</p>	<p>26 DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m. Sea Amable con su Mente - Se habla español, 7 p.m.</p>	<p>27 DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>May 1 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>WORKSHOP: Wellness Workshops for teens & young adults experiencing anxiety, 7:15 p.m.</p>					