

FEBRUARY

2024



Tuesdays: In-person or Virtual

Thursdays: Virtual

REGISTRATION IS REQUIRED FOR THURSDAYS*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6 Unsinkable just be you 7:00-8:30pm	7	8 Introduction 8:00-9:30pm	9	10	11
12	13 Unsinkable just be you 7:00-8:30pm	14 	15 Mental Health Awareness 8:00-9:30pm	16	17 	18
19	20 Unsinkable just be you 7:00-8:30pm	21	22 Healthy Body, Healthy Mind 8:00-9:30pm	23	24	25
26	27 Unsinkable just be you 7:00-8:30pm	28	29 Eating Disorder Awareness Guest Speaker 8:00-9:30pm			

MARCH



Tuesdays: In-person or Virtual

Thursdays: Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5 Unsinkable <i>just be you</i> 7:00-8:30pm	6	7 Healthy Coping 8:00-9:30pm	8	9	10
11	12 Unsinkable <i>just be you</i> 7:00-8:30pm	13	14 Mens Mental Health 8:00-9:30pm	15	16	17
18	19 Unsinkable <i>just be you</i> 7:00-8:30pm	20	21 CBT + DBT 101 8:00-9:30pm	22	23	24
25	26 Unsinkable <i>just be you</i> 7:00-8:30pm	27	28 No Group	29	30	31

APRIL



Tuesdays: In-person or Virtual
Thursdays: Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 Unsinkable just be you 7:00-8:30pm	3	4 Wellness Plan 8:00-9:30pm	5	6 	7
8	9 Unsinkable just be you 7:00-8:30pm	10	11 Addiction 101 Guest Speaeker 8:00-9:30pm	12	13	14
15	16 Unsinkable just be you 7:00-8:30pm	17 	18 Harm Reduction 8:00-9:30pm	19	20	21
22	23 Unsinkable just be you 7:00-8:30pm	24	25 Healthy Masculinity Guest Speaeker 8:00-9:30pm	26 	27	28
29	30 Unsinkable just be you 7:00-8:30pm					

MAY



Tuesdays: In-person or Virtual
Thursdays: Virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Healing Guest Speaker 8:00-9:30pm	3	4	5
6	7 Unsinkable just be you 7:00-8:30pm	8	9	10	11	12
13	14 Unsinkable just be you 7:00-8:30pm	15	16	17	18	19
20	21 Unsinkable just be you 7:00-8:30pm	22	23	24	25	26
27	28 Unsinkable just be you 7:00-8:30pm	29	30	31		

