

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>2 Gentle Yoga: 10:00am (Eng) Psychiatry Medication Management: 2:30pm (Eng) Pain Empowerment: 3:30pm (Eng)</p> | <p>3 Weight Loss: 8:45am (Eng) Recovery Program: Living in Balance 10:30am (Eng) Diabetes Prevention + Management: 1:30pm (Eng/Spn) Addiction Recovery Refill Group: 2:30pm (Eng) R-PLAY: 4:00pm (Eng/Spn)</p> | <p>4 Addiction Recovery Refill Group: 9:30am (Eng)</p> | <p>5 Anxiety + Depression: 9:30am (Spn) Anxiety + Depression: 11:00am (Eng)</p> | <p>6 Weight Loss: 8:45am (Spn) Recovery Program: Living in Balance 9:00am (Eng)</p> |
| <p>9 Gentle Yoga: 10:00am (Eng) Psychiatry Medication Management: 2:30pm (Eng) Pain Empowerment: 3:30pm (Eng)</p> | <p>10 Weight Loss: 8:45am (Eng) Recovery Program: Living in Balance 10:30am (Eng) Diabetes Prevention + Management: 1:30pm (Eng/Spn) Addiction Recovery Refill Group: 2:30pm (Eng) R-PLAY: 4:00pm (Eng/Spn)</p> | <p>11 Addiction Recovery Refill Group: 9:30am (Eng)</p> | <p>12 Anxiety + Depression: 9:30am (Spn) Anxiety + Depression: 11:00am (Eng)</p> | <p>13 Weight Loss: 8:45am (Spn) Recovery Program: Living in Balance 9:00am (Eng)</p> |
| <p>16 Gentle Yoga: 10:00 am (Eng) Psychiatry Medication Management: 2:30pm (Eng) Pain Empowerment: 3:30 pm (Eng)</p> | <p>17 Weight Loss: 8:45 am (Eng) Recovery Program: Living in Balance 10:30 am (Eng) Diabetes Prevention + Management: 1:30 pm (Eng/Spn) Addiction Recovery Refill Group: 2:30 pm(Eng) R-PLAY: 4:00 pm (Eng/Spn)</p> | <p>18 Addiction Recovery Refill Group: 9:30 am (Eng)</p> | <p>19 Anxiety + Depression: 9:30 am (Spn) Anxiety + Depression: 11:00 am (Eng)</p> | <p>20 Weight Loss: 8:45 am (Spn) Recovery Program: Living in Balance 9:00 am (Eng)</p> |
| <p>23 Gentle Yoga: 10:00amEng) Psychiatry Medication Management: 2:30pm (Eng) Pain Empowerment: 3:30 pm (Eng)</p> | <p>24 Weight Loss: 8:45am (Eng) Recovery Program: Living in Balance 10:30 am (Eng) Diabetes Prevention + Management: 1:30 pm (Eng/Spn) Addiction Recovery Refill Group: 2:30 pm(Eng) R-PLAY: 4:00 pm (Eng/Spn)</p> | <p>25 Addiction Recovery Refill Group: 9:30 am (Eng)</p> | <p>26 Anxiety + Depression: 9:30 am (Spn) Anxiety + Depression: 11:00 am (Eng)</p> | <p>27 Weight Loss: 8:45 am (Spn) Recovery Program: Living in Balance 9:00 am (Eng)</p> |
| <p>30 Gentle Yoga: 10:00amEng) Psychiatry Medication Management: 2:30pm (Eng) Pain Empowerment: 3:30 pm (Eng)</p> | <p>31 Weight Loss: 8:45am (Eng) Recovery Program: Living in Balance 10:30 am (Eng) Diabetes Prevention + Management: 1:30 pm (Eng/Spn) Addiction Recovery Refill Group: 2:30 pm(Eng) R-PLAY: 4:00 pm (Eng/Spn)</p> | | | <p>**Free class open to the community</p> |

Anxiety + Depression: Learn self-empowerment, self-management, mindfulness (meditation), relaxation + techniques for coping with anxiety and depression. Participants explore the multitude of factors that influence these conditions.

Diabetes Prevention + Management: Education + self-management for pre-diabetic, diabetic + metabolic patients or family members. Covers lifestyle change, goal development, regular healthy cooking demos as well as nutrition, behavioral health, dental, optometry, podiatrist + pharmacy guest speakers + related info.

Gentle Yoga: Connect to your breath and body and let go of your stress, worries, and burdens. Our new yoga class comprises of gentle stretching and learning yoga poses. Come try our relaxing and FREE class!

Pain Empowerment: An all-in-one group for patients experiencing chronic pain. Covers supports, stress relief, exercises, nutrition, healing techniques, and medication assistance.

Psychiatry Medication Management – Group for established patients in psychiatric care to attend through recommendation and by their own sense of need and value. Brief review of medications, indicated changes and stability. Group processes around psychoeducation, general shared self-disclosures and therapeutic discussion/interventions/skill building.

Recovery Program: Addiction Recovery Refill Group: Learn recovery strategies for opioid dependence/addiction. Support is offered in the context of personal challenges with opioid dependence/addiction. Education, sharing + ongoing medical guidance is provided at each session.

Recovery Program: Living in Balance: Addiction + recovery specific education in a support group context, including lecture topics + sharing. Aimed to improve function + decrease suffering through learning core addiction concepts + recovery management skills.

R-PLAY Kids + Parents: Whole family health including fun for kids ages 5-12! Parental support, kids movement + stress relief exercises, family goal-setting, healthy food demos, snacks + gardening.

Weight Loss: This is a small group of six people meeting on a weekly basis for accountability and support on their weight loss journey. Learn the facts about healthy eating and practical solutions to successfully manage your weight. We discuss meals plans, common obstacles, recipes, and what to change for the long-term in order to reach our common goal of weight loss and maintenance.