

February

2021



THRIVE

Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Coping with Depression <u>10:30am-12:00pm</u>	2 Coping with Anxiety <u>10:30am-12:00pm</u>	3 Coping with Depression <u>10:30am-12:00pm</u>	4	5	6
7	8 Coping with Depression <u>10:30am-12:00pm</u>	9 Coping with Anxiety <u>10:30am-12:00pm</u>	10 Coping with Depression <u>10:30am-12:00pm</u>	11 Coping with Anxiety <u>10:30am-12:00pm</u>	12	13
14	15 Coping with Stress <u>10:30am-12:00pm</u> Assertiveness 1:30pm-3:00pm	16 Coping with Anxiety <u>10:30am-12:00pm</u>	17 Coping with Stress <u>10:30am-12:00pm</u> Assertiveness 1:30pm-3:00pm	18 Coping with Anxiety <u>1:30pm-3:00pm</u>	19	20
21	22 Self-Stigma <u>10:30am-12:00pm</u> Assertiveness 1:30pm-3:00pm	23 Coping with Anxiety <u>10:30am-12:00pm</u>	24 Self-Stigma <u>10:30am-12:00pm</u>	25	26	27
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