

January

2021



THRIVE

Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Coping with Depression 10:30am-12:00pm Self-Stigma 1:30pm-3:00pm	19 Coping with Anxiety 10:30am-12:00pm Self Esteem 1:30pm-3:00pm	20 Coping with Depression 10:30am-12:00pm Self-Stigma 1:30pm-3:00pm	21 Coping with Anxiety 10:30am-12:00pm Self Esteem 1:30pm-3:00pm	22	23
24	25 Coping with Depression 10:30am-12:00pm Journey to Recovery 1:30pm-3:00pm	26 Coping with Anxiety 10:30am-12:00pm Coping with Stress 1:30pm-3:00pm	27 Coping with Depression 10:30am-12:00pm Journey to Recovery 1:30pm-3:00pm	28 Coping with Anxiety 10:30am-12:00pm Coping with Stress 1:30pm-3:00pm	29	30
31						