

March

2021



THRIVE

Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 A Conversation about Conversations <u>10:30am-12:00pm</u> Effective Assertiveness 1:30pm-3:00pm	2 How to get a Restful Sleep <u>10:30am-12:00pm</u> When Substance Use becomes Problematic 1:30pm-3:00pm	3 A Conversation about Conversations <u>10:30am-12:00pm</u>	4 How to get a Restful Sleep <u>10:30am-12:00pm</u>	5	6
7	8 A Conversation about Conversations 10:30am-12:00pm	9	10	11	12	13
14	15	16	17	18	19	20
	WATCH FOR UPCOMING CLASSES					
21	22	23	24	25	26	27
	WATCH FOR UPCOMING CLASSES					
28	29	30	31			
	WATCH FOR UPCOMING CLASSES					