

# April

# 2021



# THRIVE

## Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 GOOD FRIDAY NO CLASSES	3
4	5 EASTER MONDAY NO CLASSES	6	7	8	9 Daily Grind (Coffee) 12:00pm-1:00pm	10 How to Get a Restful Sleep 11:30am-1:00pm
11	12 How to Handle Trauma 1:30pm-3:00pm	13 Breaking Bad Habits 10:30am-12:00pm	14 How to Handle Trauma 1:30-3:00pm	15 Breaking Bad Habits 10:30am-12:00pm	16 How to Handle Trauma 1:30pm-3:00pm	17 How to Get a Restful Sleep 11:30am-1:00pm
18	19 Rent 101 1:30pm-3:00pm	20 Breaking Bad Habits <u>10:30am-12:00pm</u> When Substance Use Becomes Problematic 1:30pm-3:00pm	21 <u>No Morning Class</u> When Substance Use Becomes Problematic 1:30pm-3:00pm	22 <u>No Morning Class</u> When Substance Use Becomes Problematic 1:30pm-3:00pm	23 Daily Grind (Coffee) 12:00pm-1:00pm	24 Self-Compassion 11:30am-1:00pm
25	26	27 Caring for the Caregiver 10:30am-12:00pm	28	29 Caring for the Caregiver 10:30am-12:00pm	30 Daily Grind (Coffee) 12:00pm-1:00pm	May 1 Self-Compassion 11:30am-1:00pm