

December

2021



THRIVE
Learning Centre
Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Healthy Self-Love <u>10:30am-12pm</u>	2 Healthy Self-Love <u>10:30am-12pm</u> Managing Anger 1:30pm-3pm	3 Trauma Support <u>10am-11am</u> Daily Grind 12pm-1pm	4
5	6	7 Telling Your Story <u>10:30am-12pm</u> Managing Anger 1:30pm-3pm	8 Telling Your Story <u>10:30am-12pm</u>	9 Telling Your Story <u>10:30am-12pm</u> Managing Anger 1:30pm-3pm	10 Trauma Support <u>10am-11am</u> Daily Grind 12pm-1pm	11
12	13 Coping with Stress <u>10:30am-12pm</u>	14 Managing Anger 1:30pm-3pm	15 Coping with Stress <u>10:30am-12pm</u>	16 Managing Anger 1:30pm-3pm	17 Trauma Support <u>10am-11am</u> Daily Grind 12pm-1pm	18
19	20 Coping with the Holidays <u>10:30am-12pm</u> Recognizing Trauma 1:30pm-3pm	21 Recognizing Trauma 1:30pm-3pm	22 Coping with the Holidays <u>10:30am-12pm</u> Recognizing Trauma 1:30pm-3pm	23 Trauma Support <u>10am-11am</u>	24 CMHA CENTRAL CLOSED FOR CHRISTMAS	25
26	27 CMHA CENTRAL CLOSED FOR CHRISTMAS	28 CMHA CENTRAL CLOSED FOR CHRISTMAS	29 CMHA CENTRAL CLOSED FOR CHRISTMAS	30 CMHA CENTRAL CLOSED FOR CHRISTMAS	31 CMHA CENTRAL CLOSED FOR CHRISTMAS	

