

January

2022



THRIVE

Learning Centre
Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 CMHA CLOSED FOR HOLIDAYS	4 CMHA CLOSED FOR HOLIDAYS	5 CMHA CLOSED FOR HOLIDAYS	6 CMHA CLOSED FOR HOLIDAYS	7 CMHA CLOSED FOR HOLIDAYS	8
9	10 Self-Stigma <u>10:30am-12pm</u> Effective Assertiveness 1:30pm-3pm	11 How to Get a Restful Sleep <u>10:30am-12pm</u> Healthy Communication 1:30pm-3pm	12 Self-Stigma <u>10:30am-12pm</u> Effective Assertiveness 1:30pm-3pm	13 How to Get a Restful Sleep <u>10:30am-12pm</u> Healthy Communication 1:30pm-3pm	14 Trauma Support <u>10am-11am</u> Effective Assertiveness 1:30pm-3pm	15
16	17 When Substance Use Becomes Problematic <u>10:30am-12pm</u> Healthy Communication 1:30pm-3pm	18 When Substance Use Becomes Problematic <u>10:30am-12pm</u> Healthy Communication 1:30pm-3pm	19 When Substance Use Becomes Problematic <u>10:30am-12pm</u> Healthy Communication 1:30pm-3pm	20	21 Trauma Support <u>10am-11am</u>	22
23	24 Caring for the Caregiver <u>10:30am-12pm</u> Managing Grief 1:30pm-3pm	25 Caring for the Caregiver <u>10:30am-12pm</u> Managing Grief 1:30pm-3pm	26 Caring for the Caregiver <u>10:30am-12pm</u> Managing Grief 1:30pm-3pm	27	28 Trauma Support <u>10am-11am</u>	29
30	31					