

March

2022



THRIVE

Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 When Substance Use Becomes Problematic <u>1030am-12pm</u>	2 When Substance Use Becomes Problematic <u>1030am-12pm</u> Effective Assertiveness 130pm-3pm	3	4 Mental Health Journey Support Group 10am-11pm	5
6	7 Recognizing Trauma <u>1030am-12pm</u> Healthy Communication 130pm-3pm	8 Recognizing Trauma <u>1030am-12pm</u>	9 Recognizing Trauma <u>1030am-12pm</u> Healthy Communication 130pm-3pm	10	11 Mental Health Journey Support Group 10am-11pm	12
13	14 Taming Anger <u>1030am-12pm</u> How to Get a Restful Sleep 130pm-3pm	15 Taming Anger <u>1030am-12pm</u>	16 Taming Anger <u>1030am-12pm</u> How to Get a Restful Sleep 130pm-3pm	17 Taming Anger <u>1030am-12pm</u>	18 Mental Health Journey Support Group 10am-11pm	19
20	21 Understanding Psychosis <u>1030am-12pm</u> Understanding Grief 130pm-3pm	22 Understanding Psychosis <u>1030am-12pm</u> Understanding Grief 130pm-3pm	23 Understanding Psychosis <u>1030am-12pm</u> Understanding Grief 130pm-3pm	24	25 Mental Health Journey Support Group 10am-11pm	26
27	28 Self-Compassion <u>1030am-12pm</u> Caring for the Caregiver 130pm-3pm	29 Caring for the Caregiver 130pm-3pm	30 Self-Compassion <u>1030am-12pm</u> Caring for the Caregiver 130pm-3pm	31 Caring for the Caregiver 130pm-3pm		