

# April

# 2022



# THRIVE

Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Building Healthy Relationships & Sexuality 1030am-12pm	5 Building Healthy Relationships & Sexuality 1030am-12pm	6 Building Healthy Relationships & Sexuality 1030am-12pm	7	8 Mental Health Journey Support Group 10am-11am	9
10	11 Building Healthy Friendships 1030am-12pm	12 Building Healthy Friendships 1030am-12pm	13 Building Healthy Friendships 1030am-12pm	14 Building Healthy Friendships 1030am-12pm	15 Good Friday NO CLASSES	16
17	18 Easter Monday NO CLASSES	19 Self-Compassion <u>430pm-6pm</u> Self-Esteem 7pm-830pm	20 Self-Compassion <u>430pm-6pm</u> Self-Esteem 7pm-830pm	21	22 Mental Health Journey Support Group 10am-11am	23
24	25 Coping with Anxiety 130pm-3pm	26 Coping with Anxiety 130pm-3pm	27 Coping with Anxiety 130pm-3pm	28 Coping with Anxiety 130pm-3pm	29 Mental Health Journey Support Group 10am-11am	30