

# June

# 2022



# THRIVE

Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 How to Manage Anger 1030am-12pm	2 How to Manage Anger 1030am-12pm	3 Mental Health Journey Support Group 10am-11am	4
5	6 Journey to Recovery 1030am-12pm	7 Journey to Recovery 1030am-12pm	8 Medical Marijuana 1030am-12pm	9 Medical Marijuana 1030am-12pm	10 Mental Health Journey Support Group 10am-11am	11
12	13 Establishing Boundaries 1030am-12pm	14 Recognizing Trauma 1030am-12pm	15 Recognizing Trauma 1030am-12pm	16 Recognizing Trauma 1030am-12pm	17 Mental Health Journey Support Group 10am-11am	18
19	20	21 National Indigenous Day NO CLASSES	22 Sleep Hygiene 1030am-12pm	23 How to Get a Restful Sleep 1030am-12pm	24 Mental Health Journey Support Group 10am-11am	25
26	27	28	29	30		