

May

2022



THRIVE

Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Coping with Depression <u>4:30pm-6pm</u> Coping with Anxiety 7pm-8:30pm	3 Coping with Depression <u>4:30pm-6pm</u> Coping with Anxiety 7pm-8:30pm	4 Coping with Depression <u>4:30pm-6pm</u> Coping with Anxiety 7pm-8:30pm	5 Coping with Depression <u>4:30pm-6pm</u> Coping with Anxiety 7pm-8:30pm	6 Mental Health Journey Support Group 10am-11am	7
8	9 When Substance Use Become Problematic 10:30am-12pm	10 When Substance Use Become Problematic 10:30am-12pm	11 When Substance Use Become Problematic 10:30am-12pm	12 When Substance Use Become Problematic 10:30am-12pm	13 Mental Health Journey Support Group 10am-11am	14
15	16	17	18	19	20 Mental Health Journey Support Group 10am-11am	21
22	23 Victoria Day NO CLASSES	24 Caring for the Caregiver <u>10:30am-12pm</u> How to Handle Grief 1:30pm-3pm	25 Caring for the Caregiver <u>10:30am-12pm</u> How to Handle Grief 1:30pm-3pm	26	27 Mental Health Journey Support Group 10am-11am	28
29	30 How to Manage Anger 10:30am-12pm	31 How to Manage Anger 10:30am-12pm				