



SUN	MON	TUES	WED	THURS	FRI	SAT
			1 CLOSED	2 CLOSED	3 CLOSED	
	6	5-8 7 Echoes Truth and Love Across the Water Outreach Walk Come gain volunteer hours! 🦋 🐸	3:30-5:30 8 Paint by Numbers Workshop 🧠 🖌️ Drop by during these hours for a painting activity!	5-7:30 9 Dungeons and Dragons 🐉 Beginners welcome! *SIGN UP REQUIRED*	1-4 10 Youth-led wristlet beading workshop 🧵 *SIGN UP REQUIRED*	
	4:30-6 13 Advisory Board Meeting 📄 *SIGN UP REQUIRED*	5-8 14 Echoes Truth and Love Across the Water Outreach Walk Come gain volunteer hours! 🦋 🐸	11-1 15 Drop-In Self-care Day 🌸 Drop by for facemasks, tea, and any other self-care you'd like to do!	10-6 16 Pap clinic every Thursday! 👩 Call us to book an appointment with one of our nurses! ❤️	3:30-5:30 17 Game Night 🎲 🍀 Come play cards, games, and more!	
	1-3 20 Vision Board Workshop ✨ Come set some intentions for this year!	5-8 21 Echoes Truth and Love Across the Water Outreach Walk Come gain volunteer hours! 🦋 🐸	2-4 22 Paint by Numbers Workshop 🧠 🖌️ Drop by during these hours for a painting activity!	5-7:30 23 Dungeons and Dragons 🐉 Beginners welcome! *SIGN UP REQUIRED*	1-4 24 Youth-led wristlet beading workshop 🧵 *SIGN UP REQUIRED*	
	3-4 27 Mindfulness Monday Self-Led Journalling 📖 Visit the sensory room and do some journalling!	5-8 28 Echoes Truth and Love Across the Water Outreach Walk Come gain volunteer hours! 🦋 🐸	11-1 29 Drop-In Self-care Day 🌸 Drop by for facemasks, tea, and any other self-care you'd like to do!	30 Drop-in will be open from 2-5:30 today, regular Thursday hours resume next week! 😊	3-4 31 Friday Friendship bracelet making! ❤️ Bring a friend or come meet some new ones!	To sign up for any activities you can phone us at 204-255- 6497 or DM us on Instagram! 🌈