

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 DISCUSSION GROUP: Be Kind to Your Mind , 7 p.m.	3 DISCUSSION GROUPS: Support for people who are grieving , noon Support for those with SAD (Seasonal Affective Disorder) , 6 p.m.	4 DISCUSSION GROUPS: Support for older adults , 10 a.m. TEEN TALK , 4 p.m.	5 DISCUSSION GROUP: Support for managing holiday stress , 7 p.m.	6	7
8	9 DISCUSSION GROUP: Be Kind to Your Mind , 7 p.m.	10 DISCUSSION GROUPS: Support for people who are grieving , noon Support for those with SAD (Seasonal Affective Disorder) , 6 p.m.	11 DISCUSSION GROUPS: Support for older adults , 10 a.m. TEEN TALK , 4 p.m.	12 DISCUSSION GROUP: Support for living with Long COVID , 7 p.m.	13	14
15	16 DISCUSSION GROUP: Be Kind to Your Mind , 7 p.m. WORKSHOPS: Coping with grief and loss , 6 p.m. Notes to Self: A wellness series for teens and young adults , 7:15 p.m.	17 DISCUSSION GROUPS: Support for people who are grieving , noon Support for those with SAD (Seasonal Affective Disorder) , 6 p.m.	18 DISCUSSION GROUPS: Support for older adults , 10 a.m. TEEN TALK , 4 p.m. WORKSHOPS: Coping with Grief and Loss , noon Creative Coping 6 p.m.	19 DISCUSSION GROUP: Support for living with Long COVID , 7 p.m.	20	21 WORKSHOPS: Helping teens cope with a "new reality" 1 p.m. Staying Well: An emotional health workshop for teens , 2 p.m.

<p>22</p>	<p>23 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>WORKSHOPS: Coping with grief and loss, 6 p.m. Notes to Self: A wellness series for teens and young adults, 7:15 p.m.</p>	<p>24 DISCUSSION GROUPS: Support for people who are grieving, noon</p> <p>Support for those with SAD (Seasonal Affective Disorder), 6 p.m.</p>	<p>25 DISCUSSION GROUPS: Support for older adults, 10 a.m. TEEN TALK, 4 p.m.</p> <p>WORKSHOPS: Coping with Grief and Loss, noon</p> <p>Creative Coping 6 p.m.</p>	<p>26 DISCUSSION GROUP: Support for living with Long COVID, 7 p.m.</p>	<p>27</p>	<p>28 WORKSHOPS: Helping teens cope with a “new reality” 1 p.m.</p> <p>Staying Well: An emotional health workshop for teens, 2 p.m.</p>
<p>29</p>	<p>30 DISCUSSION GROUP: Be Kind to Your Mind, 7 p.m.</p> <p>WORKSHOPS: Coping with grief and loss, 6 p.m. Notes to Self: A wellness series for teens and young adults, 7:15 p.m.</p>	<p>31 DISCUSSION GROUPS: Support for people who are grieving, noon</p> <p>Support for those with SAD (Seasonal Affective Disorder), 6 p.m.</p>				