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| --- | --- | --- | --- | --- | --- |
|  Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30am-10:00amRemaining Present10:00am – 11:00amRemaining Present *-Sharon/LeShon* | 9:30am-10:00am Rising Above It All10:00am – 11:00amRising Above It All *-Sharon/LeShon* | 9:30am-10:00am Life Management Skills10:00am-11:00amSupporting Sobriety *-LeShon/Sharon* | 9:30am-10:00amHealthy Boundaries10:00am-11:00amHealthy Boundaries *-Sharon/LeShon* | 9:30am-10:00amArt -all mentors10:00am-11:00amCreating A Balance *-LeShon/Sharon* |  |
|  |  |  |  |  |  |
| 1:30pm-2:30pmMoments of Tranquility  *-Sharon/LeShon* | 1:30pm-2:30pmBuild An Understanding  *-LeShon/Sharon* | **COMMUNITY FORUM****EVERY 3RD WEDNSDAY @ 12:30PM** | 1:30pm – 2:30pmI Am Enough  *-Sharon/LeShon* | 1:30pm-2:30pmKeeping Your Cool  *-LeShon/Sharon* |  |
|  |  |  |  |  |  |
|  |  | 1:30pm-2:30pmMending Our Hearts   *-LeShon/Sharon* |  | 2:45pm-4:00pmLounge Jam  -All |  |

**SPECIAL ANNOUNCEMENTS:**

* Community forum every 3rd Wednesday.Join us for discussions about YOUR wellness! We want your ongoing feedback.

**Next Forum is 05/17/2023 @ 12:30pm**

 *(Mentor of the Day = MOD)*

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| --- | --- | --- | --- | --- | --- | --- |
| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | *LeShon/Sharon* | *LeShon/Sharon* | *Sharon/LeShon* | *Leshon/Sharon* | *Sharon/LeShon* | Closed |