|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30am-10:00am  Remaining Present  10:00am – 11:00am  Remaining Present  *-Sharon/LeShon* | 9:30am-10:00am  Rising Above It All  10:00am – 11:00am  Rising Above It All  *-Sharon/LeShon* | 9:30am-10:00am  Life Management Skills  10:00am-11:00am  Supporting Sobriety  *-LeShon/Sharon* | 9:30am-10:00am  Healthy Boundaries  10:00am-11:00am  Healthy Boundaries  *-Sharon/LeShon* | 9:30am-10:00am  Art -all mentors  10:00am-11:00am  Creating A Balance  *-LeShon/Sharon* |  |
|  |  |  |  |  |  |
| 1:30pm-2:30pm  Moments of Tranquility    *-Sharon/LeShon* | 1:30pm-2:30pm  Build An Understanding    *-LeShon/Sharon* | **COMMUNITY FORUM**  **EVERY 3RD WEDNSDAY @ 12:30PM** | 1:30pm – 2:30pm  I Am Enough  *-Sharon/LeShon* | 1:30pm-2:30pm  Keeping Your Cool    *-LeShon/Sharon* |  |
|  |  |  |  |  |  |
|  |  | 1:30pm-2:30pm  Mending Our Hearts    *-LeShon/Sharon* |  | 2:45pm-4:00pm  Lounge 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)*

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