



May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Drop-in* 8:30am- 4pm 1 Women's Support Group 3-4:15pm	Drop-in* 8:30am- 4pm 2 Native American Talking Circle 3-4pm	Drop-in* 8:30am- 4pm 3 Open Support Group (Lunch) 11:30am-1pm	Drop-in* 8:30am- 4pm 4 TBI Support Group 3-4pm	Drop-in* 8:30am- 4pm 5 Echo Virtual Workshop (Healing) 1-2pm Mindfulness & Meditation 3-4pm	6 Open Support Group (Breakfast) 8:30am-10am
7	Drop-in* 8:30am- 4pm 8 Women's Support Group 3-4:15pm	Drop-in* 8:30am- 4pm 9 Native American Talking Circle 3-4pm	Drop-in* 8:30am- 4pm 10 Open Support Group (Lunch) 11:30am-1pm	Drop-in* 8:30am- 4pm 11 Creative Writing 3-4pm	Drop-in* 8:30am- 4pm 12 Echo Virtual Workshop (Time Management) 1-2pm Mindfulness & Meditation 3-4pm	13 No Breakfast or Support Group 12-2pm Community Service
14 	Drop-in* 8:30am- 4pm 15 Women's Support Group 3-4:15pm	Drop-in* 8:30am- 4pm 16 Native American Talking Circle 3-4pm	Drop-in* 8:30am- 4pm 17 Core Curriculum 1 Seeking Employment (Lunch) 11:30am-1pm	Drop-in* 8:30am- 4pm 18 TBI Support Group 3-4pm	Drop-in* 8:30am- 4pm 19 Echo Virtual Workshop (Importance of Boundaries) 1-2pm Mindfulness & Meditation 3-4pm	20 Core Curriculum 1 Seeking Employment (Breakfast) 8:30-10am
21	Drop-in* 8:30am- 4pm 22 Women's Support Group 3-4:15pm	Drop-in* 8:30am- 4pm 23 Native American Talking Circle 3-4pm	Drop-in* 8:30am- 4pm 24 Core Curriculum 2 Keeping Your Cool (Lunch) 11:30am-1pm	Drop-in* 8:30am- 4pm 25 Creative Writing 3-4pm	Drop-in* 8:30am- 4pm 26 Echo Virtual Workshop (Motivation) 1-2pm Mindfulness & Meditation 3-4pm	27 Core Curriculum 2 Keeping Your Cool (Breakfast) 8:30am-10am 12-2pm Community Service
28	Drop-in* 8:30am- 4pm 29 <i>Memorial Day</i> Women's Support Group 3-4:15pm	Drop-in* 8:30am- 4pm 30 Native American Talking Circle 3-4pm	Drop-in* 8:30am- 4pm 31 Core Curriculum 3 Change & Positivity (Lunch) 11:30am-1pm			

Intakes/Case Management by appointment- call your peer support worker *Drop-in 8:30am-4pm Monday-Friday— Computer Lab available during drop-in hours.

Best Chance

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