

# January 2026



CHH

December '25							February '26						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31										

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29	30	31	1	2 New Year Social 12:30-1:30 	3	
4	5	6 Understanding Triggers 12:30-1:30 	7 Meal Planning At Dollarama 12:30-2:00pm 	8	9 Kitchen Remedies 12:30-1:30 	10	
11	12	13 Coping Skills 12:30-1:30 	14 Grounded Coffee 12:30-2:00pm 	15	16 Kitchen Remedies 12:30-1:30 	17	
18	19	20 Warning signs & Early Action 12:30-1:30 	21 CHILLI SOCIAL 11:00-1:00pm 	22	23 Kitchen Remedies 12:30-1:30 	24	
25	26	27 Building a Safety Plan 12:30-1:30 	28 Meal Planning At Dollarama 12:30-2pm 	29	30 Kitchen Remedies 12:30-1:30 	31	
1	2	Notes					