

# November 2024



CHH

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Macrame Rainbows 12:30 - 1:30 pm	2
3	4 Life Skills 101 Maintaining Mental Wellness 12:30 - 1:30 pm	5 Mint Milk Bath Jars 12:30 - 1:30 pm	6 Building Self-Esteem Group 12:30 - 1:30 pm	7 Men's Mental Health Group 12:30 - 1:30 pm	8 Diamond Art 12:30 - 1:30 pm	9
10	11 Office Closed	12 DIY Hot Chocolate Stirrers 12:30 - 1:30 pm	13 Building Self-Esteem Group 12:30 - 1:30 pm	14 Men's Mental Health Group 12:30 - 1:30 pm	15 Winter Hat Gnomes 12:30 - 1:30 pm	16
17	18 Life Skills 101 Self-Care 12:30 - 1:30 pm	19 Follow Along Painting 12:30 - 1:30 pm	20 Building Self-Esteem Group 12:30 - 1:30 pm	21 Men's Mental Health Group 12:30 - 1:30 pm	22 Bracelet Making 12:30 - 1:30 pm	23
24	25 Life Skills 101 Boundaries 12:30 - 1:30 pm	26 Pool @ The Pool Hall 3 - 4 pm	27 Building Self-Esteem Group 12:30 - 1:30 pm	28 Men's Mental Health Group 12:30 - 1:30 pm	29 Movie Romantic Comedy 12:30 - 2:30 pm	30
31		Notes To register for groups please call (705) 526-4569 to register				