

2024

July

Small Scale Farms
produce available
1:00 pm until gone

Virtual Group

Virtual and In-person

Monday

Tuesday

Wednesday

Thursday

Friday



Let's Get Moving (walk) 2
10:00am-11:00am

Quest Gaymers (ages 14-19) 3
4:00pm- 5:30pm
Youth Skills Group
4:30- 6:30pm

Trans & Gender Questioning 4
Youth Group (ages 14-19)
4:00pm - 5:30pm
Smart Recovery
3:00pm- 4:30pm

TGIF Cafe & Convo 5
1:30pm-3:00pm

Client Advisory Committee 8
10:00am-11:00am

Let's Get Moving (walk) 9
10:00am-11:00am
Creative Writing Outside
1:30pm-3:00pm
Managing Anxiety
1:30pm-3:30pm

Community Ties
1:30pm- 3:00pm
Skills to Cope
1:30pm-3:30pm 10
Youth Skills Group
4:30- 6:30pm

Smart Recovery 11
3:00pm- 4:30pm
2SLGBTQ+ Youth Social
(ages 10-13) 4:00pm-5:30pm

12

Wellness Day
Cancer Screening Coach 9:00am-3:00pm

15

Let's Get Moving (walk) 16
10:00am-11:00am
Managing Anxiety
1:30pm-3:30pm

Skills to Cope 17
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm

Smart Recovery 18
3:00pm- 4:30pm

19

Client Advisory Committee 22
10:00am-11:00am

Let's Get Moving (walk) 23
10:00am-11:00am
Managing Anxiety
1:30pm-3:30pm

Community Ties 24
1:30pm- 3:00pm
Skills to Cope
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm

Smart Recovery 25
3:00pm- 4:30pm
2SLGBTQ+ Adult Drop In
(ages 19+) Niagara Falls CHC
6:30pm-7:30pm

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Let's Get Moving (walk) 30
10:00am-11:00am
Managing Anxiety
1:30pm-3:30pm

Skills to Cope 31
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm

Smart Recovery Aug 1
3:00pm- 4:30pm

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