## November 2024

availableThursdays Virtual and In-person

Monday	Tuesday	Wednesday	Thursday
Oct 28 Client Advisory Committee	Let's Get Moving (walk) 29 10:00am-11:00am Healthy You 2:00pm- 4:00pm Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Skills to Cope 30 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm Community Ties 1:30pm- 3:00pm	Smart Recovery 31 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm
4	Let's Get Moving (walk) 5 10:00am-11:00am Healthy You 2:00pm- 4:00pm Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Skills to Cope 6 1:30pm-3:30pm Gender Diverse Older Adult Group (Ages 30+) 2:30- 4:00pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 7 3:00pm- 4:30pm Ear Acupuncture (Ages 18+) 3:00pm -4:00pm Queer Connections (ages 14-19) 4:00pm - 5:30pm
CLOSED!	Let's Get Moving (walk) 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Community Ties 13 1:30pm- 3:00pm Skills to Cope 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 14 3:00pm- 4:30pm Ear Acupuncture (Ages 18+) 3:00pm -4:00pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm
18	Let's Get Moving (walk) 19 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	20 Gender Diverse Older Adult Group (Ages 30+) 2:30- 4:00pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 21 3:00pm- 4:30pm Ear Acupuncture (Ages 18+) 3:00pm -4:00pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm
Client Advisory Committee 25 3:00pm-4:00pm 2SLGBTQ+ Youth Social (ages 10-13) 4:00pm-5:30pm	Let's Get Moving (walk) 26 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Community Ties 27 1:30pm- 3:00pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 28 3:00pm- 4:30pm Ear Acupuncture (Ages 18+) 3:00pm -4:00pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm
pre information about groups, visit ou t <mark>act Ailish (she/</mark> her) at awestaway@o			

