



**March 2024**

	<b>Monday</b> 9am-4:30 pm	<b>Tuesday</b> 9am-4:30 pm	<b>Wednesday</b> 9am-4:30 pm	<b>Thursday</b> 9am-4:30 pm	<b>Friday</b> 9am-4:30 pm	
	<b>Peer-Support * Socializing * Computers * Resource Support * WIFI * Crafts * Games *Cooking* Hygiene* And more * Available Daily</b>  <b>Come in and enjoy everything we have for you, at your own pace</b>	<b>Feb 27</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, Hygiene</b>	<b>Feb 28</b> 10am <b>Community Coffee</b> <b>11am Computer Lab</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Book Club</b> <b>1:00 Recovery Group</b> <b>2:30 Open Crafting</b> 3:30 Transportation	<b>Feb 29</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, Hygiene</b>	<b>March 1</b> 10am <b>Community Coffee</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 BINGO with Jean'e</b> <b>3:00-3:30 Shopping</b> 3:30 Transportation	2
3	<b>4</b> 10am <b>Community Coffee</b> <b>11am Brain Games</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Job Skills</b> <b>1:00 Recovery Group</b> <b>2:30 Resin Craft</b> 3:30 Transportation	<b>5</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, hygiene</b>	<b>6</b> 10am <b>Community Coffee</b> <b>11am Brain Games</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Animal Babies of Spring</b> <b>1:00 Recovery Group</b> <b>2:30 Open Crafting</b> 3:30 Transportation	<b>7</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, hygiene</b>  <b>Fire Drill</b> 	<b>8</b> 10am <b>Community Coffee</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Anxiety Support</b> <b>1:00 WRAP/TA Support Group</b> <b>2:30 Slime w/Alissa</b> <b>3:00-3:30 Shopping</b> 3:30 Transportation	9
10	<b>11</b> 10am <b>Community Coffee</b> <b>11am Brain Games</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Harm Reduction Workshop</b> <b>1:00 Recovery Group</b> <b>2:30 St Patrick's Day Gnomes</b> 3:30 Transportation	<b>12</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, hygiene</b>  <b>Planning Commission 2:00pm</b>	<b>13</b> 10am <b>Community Coffee</b> <b>11am Computer Lab</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 St. Patrick's Day History</b> <b>1:00 Recovery Group</b> <b>2:00 Book Club</b> <b>2:30 Open Crafting</b> 3:30 Transportation	<b>14</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, hygiene</b>  <b>Steering Committee 12:30</b>	<b>15</b>  <b>St. PATRICK'S DAY CELEBRATION</b>  <b>12:30pm-3:00pm</b>	16
17	<b>18</b> 10am <b>Community Coffee</b> <b>11am Brain Games</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Job Skills</b> <b>1:00 Recovery Group</b> <b>2:30 Decoupage Terra Cotta Pots</b> 3:30 Transportation	<b>19</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, hygiene</b>  <b>1:00 Taking Action Seminar 1</b>	<b>20</b> 10am <b>Community Coffee</b> <b>11am Computer Lab</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Calendar &amp; Newsletter Planning</b> <b>1:00 Recovery Group</b> <b>2:30 Music w/Beverly</b> 3:30 Transportation	<b>21</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, hygiene</b>  <b>1:00 Taking Action Seminar 1</b>	<b>22</b> 10am <b>Community Coffee</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Living In Wellness Workshop</b> <b>1:00 WRAP/TA Support Group</b> <b>2:30 Yarn Craft</b> <b>3:00-3:30 Shopping</b> 3:30 Transportation	23
24	<b>25</b> 10am <b>Community Coffee</b> <b>11am Brain Games</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Harm Reduction Workshop</b> <b>1:00 Recovery Group</b> <b>2:30 Cartooning With Don</b> 3:30 Transportation	<b>26</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, Hygiene</b>  <b>1:00 Taking Action Seminar 1</b>	<b>27</b> 10am <b>Community Coffee</b> <b>11am Computer Lab</b>  12:00 Transportation 12:30 <b>Wellness Check-In</b> <b>1:00 Safety in Aging Group</b> <b>1:00 Recovery Group</b> <b>2:00 Book Club</b> <b>2:30 Open Crafting</b> 3:30 Transportation	<b>28</b> <b>10am Community Coffee</b>  10 am <b>Self-Directed Wellness: computer lab, music, movies, brain games, peer-support cooking, Hygiene</b>  <b>1:00 Taking Action Seminar 1</b>	<b>29</b>  <b>CLOSED CEZAR CHAVEZ DAY</b>	30

\*This program has been funded by the County of Shasta through the California Mental Health Services Act

\* Circle of Friends is a program of Hill Country Community Clinic