



# Spring/Summer 2025 - May. (Northumberland)

MON	TUE	WED	THU	FRI
28	29	30 10:30-12pm Peer Discussion 11am-1pm Art Therapy	1 10-11:30am Building a Healthy Morning Routine 1:30-3pm Conflict Resolution	2 10-11:30am <i>Virtual</i> Queer Discussion 1:30-3pm SMART Goals
5 10-11am Movement & Meditation	6	7 10:30-12pm Peer Discussion 11am-1pm Art Therapy	8 1:30-3pm Guide to Better Sleep Habits	9
12 10-11am Movement & Meditation	13	14 10:30-12pm Peer Discussion 11am-1pm Art Therapy	15 1-2pm Bowling 1:30-3pm Psych 101: The Science of Mental Health	16
19 STAT HOLIDAY - NO PROGRAMMING	20 1:30-3pm Self-Care in the Summer	21 10:30-12pm Peer Discussion 11am-1pm Art Therapy	22 1-2pm Bowling	23
26 10-11am Movement & Meditation 11:15am-1:15pm Cooking 101	27	28 10:30-12pm Peer Discussion 11am-1pm Art Therapy	29 1-2pm Bowling 1:30-3pm Living with Bipolar	30

# Spring/Summer 2025 - June (Northumberland)

MON	TUE	WED	THU	FRI
2 10-11am Movement & Meditation	3	4 10:30-12pm Peer Discussion 11am-1pm Art Therapy	5 1-2pm Bowling 1:30-3pm Living with Bipolar	6
9 10-11am Movement & Meditation	10 1:30-3pm Living with ADHD	11 10:30-12pm Peer Discussion 11am-1pm Art Therapy	12 1-2pm Bowling	13
16 10-11am Movement & Meditation	17 1:30-3pm Living with ADHD	18 10:30-12pm Peer Discussion 11am-1pm Art Therapy	19 1-2pm Bowling	20
23 10-11am Movement & Meditation 11:15am-1:15pm Cooking 101	24	25 10:30-12pm Peer Discussion 11am-1pm Art Therapy	26 1-2pm Bowling	27
30 10-11am Movement & Meditation	JULY 1 STAT HOLIDAY - NO PROGRAMMING	2 10:30-12pm Peer Discussion	3 10-11:30am Mindful Moments - Meditation Workshop 1:30-3pm Living with Depression	4

# Spring/Summer 2025 - July (Northumberland)

MON	TUE	WED	THU	FRI
30	1 <b>STAT HOLIDAY - NO PROGRAMMING</b>	2 10:30-12pm Peer Discussion	3 10-11:30am Mindful Moments - Meditation Workshop 1:30-3pm Living with Depression	4
7	8	9 10:30-12pm Peer Discussion	10 1:30-3pm Living with Depression	11 10-11:30am <i>Virtual Queer Discussion</i>
14	15 10-11:30am Food & Mood 1:30-3pm Self-Esteem	16 10:30-12pm Peer Discussion	17 10-11:30am Developing Coping Skills 1:30-3pm Living with Anxiety	18
21 10-11:30am Developing Personal Resiliency	22 1:30-3pm Self-Esteem	23 10:30-12pm Peer Discussion	24 1:30-3pm Living with Anxiety	25
28	29 10-11:30am Food & Mood 1:30-3pm Self-Esteem	30 10:30-12pm Peer Discussion	31	AUG 1



# Spring/Summer 2025 - August (Northumberland)

MON	TUE	WED	THU	FRI
28	29	30 10:30-12pm Peer Discussion	31	AUG 1
4 STAT HOLIDAY - NO PROGRAMMING	5	6 10:30-12pm Peer Discussion	7	8
11	12	13 10:30-12pm Peer Discussion	14	15
18	19	20 10:30-12pm Peer Discussion	21	22
25	26	27 10:30-12pm Peer Discussion	28	29