



# APRIL 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div></div> Free Drop-in</div> <div><div></div> Free - Grant funded</div> <div><div></div> Paid</div>		01 <b>Relaxation Point</b> 12:00pm - 1:00pm (Free by Registration)	02 <b>Yoga Nidra</b> 7:00pm - 8:00pm (Paid by Registration)	03 <b>Women's Awakening</b> 7:00pm - 8:30pm (Free Drop-in)	04	05
06 <b>The Grounding Program</b> 9:00am - 10:30am (Free by Registration)	07 <b>Path to Peace</b> Men's Meditation 6:00pm - 7:30pm (Free by Registration)	08 <b>Relaxation Point</b> 12:00pm - 1:00pm (Free by Registration)  <b>Resilient Mindset</b> <b>High School Boy Program</b> 6:00pm - 7:00pm (Free by Registration)	09 <b>Acupuncture for Trauma</b> <b>Women's Program</b> 7:00pm - 8:00pm (Free by Registration)	10 <b>Women's Recovery Dinner</b> 5:00pm - 6:30pm (Free by Registration)  <b>Women's Awakening</b> 7:00pm - 8:30pm (Free Drop-in)	11	12
13	14 <b>Community Meditation</b> 7:00pm - 8:00pm (Free Drop-in)	15 <b>Relaxation Point</b> 12:00pm - 1:00pm (Free by Registration)  <b>Mother's Exhaustion</b> 7:00pm - 8:00pm (Paid by Registration)	16 <b>Recharge Caregiver's Respite Gathering</b> 6:00pm - 7:30pm (Free by Registration)	17 <b>Women's Awakening</b> 7:00pm - 8:30pm (Free Drop-in)	18	19
20	21 <b>CLOSED</b>	22 <b>CLOSED</b>	23 <b>CLOSED</b>	24 <b>CLOSED</b>	25 <b>CLOSED</b>	26
27	28 <b>Honoring Grief</b> 6:00pm - 7:30pm (Free by Registration)	29 <b>Relaxation Point</b> 12:00pm - 1:00pm (Free by Registration)	30 <b>Acupuncture for Trauma</b> <b>Women's Program</b> 7:00pm - 8:00pm (Free by Registration)			