



# JULY 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> <div></div>		01	02 <b>Frequency of Healing</b> 6:00pm - 7:00pm (Free by Registration)	03 <b>Grounding Summer Series</b> 6:00pm - 7:30pm (Free by Registration)	04	05
06 <b>Summer Yoga Series</b> 9:00am - 10:30am (Free by Registration)	07	08 <b>Path to Peace Men's Program</b> 6:00pm - 7:30pm (Free by Registration)	09 <b>Acupuncture for Trauma 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 <b>Summer Yoga Series</b> 9:00am - 10:30am (Free by Registration)	14 <b>Golden Hour Meditation</b> 6:00pm - 7:00pm (Free by Registration)	15 <b>Studio in the Wild</b> 6:00pm - 8:00pm (Free by Registration)	16	17 <b>Grounding Summer Series</b> 6:00pm - 7:30pm (Free by Registration)	18	19
20 <b>Summer Yoga Series</b> 9:00am - 10:30am (Free by Registration)	21	22 <b>Start from the Heart Grief Program</b> 6:00pm - 7:30pm (Free by Registration)	23 <b>Frequency of Healing</b> 6:00pm - 7:00pm (Free by Registration)	24	25 <b>Marshlight Music Night</b> 6:30pm - 10:00pm (Paid by Registration)	26
27 <b>Summer Yoga Series</b> 9:00am - 10:30am (Free by Registration)	28 <b>Golden Hour Meditation</b> 6:00pm - 7:00pm (Free by Registration)	29 <b>Studio in the Wild</b> 6:00pm - 8:00pm (Free by Registration)	30 <b>Acupuncture for Trauma Women's Program</b> 7:00pm - 8:00pm (Free by Registration)	31 <b>Grounding Summer Series</b> 6:00pm - 7:30pm (Free by Registration)		