



# OCTOBER 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div></div> Free - Grant funded</div> <div><div></div> Paid</div>		Center closed – Wolf Dinner Prep				The Wolf Dinner
05	06	<div>07</div> <div>Carroll's Light Mother's Program</div> <div>1:00pm – 3:00pm</div> <div>(Free by Registration)</div> <div>Workforce Day</div>	<div>08</div> <div>Dragonfly Yoga Series</div> <div>10:30am – 11:45am</div> <div>(Free by Registration)</div> <div>Relaxation Point</div> <div>12:00pm – 1:00pm</div> <div>(Free by Registration)</div> <div>Acupuncture for Trauma Women's Program</div> <div>7:00pm – 8:00pm</div> <div>(Free by Registration)</div>	<div>09</div> <div>Workforce Day</div> <div>Mother's Exhaustion</div> <div>7:00pm – 8:00pm</div> <div>(Paid by Registration)</div>	10	11
12	<div>13</div> <div>Community Meditation</div> <div>7:00pm – 8:00pm</div> <div>(Free by Registration)</div>	<div>14</div> <div>Workforce Day</div> <div>Stillpoint Meditation</div> <div>7:00pm – 8:00pm</div> <div>(Free by Registration)</div>	<div>15</div> <div>Dragonfly Yoga Series</div> <div>10:30am – 11:45am</div> <div>(Free by Registration)</div> <div>Relaxation Point</div> <div>12:00pm – 1:00pm</div> <div>(Free by Registration)</div> <div>Caregiver's Respite</div> <div>6:00pm – 7:30pm</div> <div>(Free by Registration)</div>	<div>16</div> <div>Workforce Day</div> <div>Frequency of Healing</div> <div>6:00pm – 7:00pm</div> <div>(Free by Registration)</div>	17	18
<div>19</div> <div>The Grounding Program</div> <div>9:00am – 10:30am</div> <div>(Free by Registration)</div>	<div>20</div> <div>Healing Through Art</div> <div>6:00pm – 7:30pm</div> <div>(Free by Registration)</div>	<div>21</div> <div>Workforce Day</div>	<div>22</div> <div>Dragonfly Yoga Series</div> <div>10:30am – 11:45am</div> <div>(Free by Registration)</div> <div>Relaxation Point</div> <div>12:00pm – 1:00pm</div> <div>(Free by Registration)</div> <div>Acupuncture for Trauma Women's Program</div> <div>7:00pm – 8:00pm</div> <div>(Free by Registration)</div>	<div>23</div> <div>Workforce Day</div> <div>The Reset</div> <div>7:00pm – 8:00pm</div> <div>(Free by Registration)</div>	24	<div>25</div> <div>Resilient Heart Yoga</div> <div>9:00am – 11:00am</div> <div>(Paid by Registration)</div> <div>Good Clean Fun Club</div> <div>4:00pm – 6:30pm</div> <div>(Free by Registration)</div>
<div>26</div> <div>Yoga in the Barn</div> <div>9:30am – 10:30am</div> <div>(Paid by Registration)</div>	<div>27</div> <div>Honoring Grief</div> <div>6:00pm – 7:30pm</div> <div>(Free by Registration)</div>	<div>28</div> <div>Workforce Day</div>	<div>29</div> <div>Dragonfly Yoga Series</div> <div>10:30am – 11:45am</div> <div>(Free by Registration)</div> <div>Relaxation Point</div> <div>12:00pm – 1:00pm</div> <div>(Free by Registration)</div> <div>Breathe &amp; Rise Men's Program</div> <div>6:00pm – 7:30pm</div> <div>(Free by Registration)</div>	<div>30</div> <div>Workforce Day</div> <div>Women's Recovery Dinner</div> <div>5:30pm – 7:30pm</div> <div>(Free by Registration)</div>	<div>31</div> <div>Please scan the QR code to sign up for Workforce Day</div>	