

# October 2024 Calendar - JPH at Ferry Hill

Closed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Trauma Informed Yoga 1:00p-2:00p (free by donation)	2 Yoga Nidra 7:00p-8:00p (paid by registration)	3 Open Art 12:00-2:00p Walking Club 4:30-5:30 pm Women's Recovery 7:00p-8:30p (Free by donation)	4	5 Dragon Dinner 5:30p-9:30p (paid by registration)
6 The Grounding Program 9:00a - 10:30a (Free by donation)	7 Art for Trauma 6:00p - 7:30p (Free by donation)	8 Trauma Informed Yoga 1:00p-2:00p (free by donation) Mother's Exhaustion 7:00-8:00p (Paid by registration)	9 Acupuncture for Trauma 7:00p - 8:00p (Free by donation)	10 Open Art Studio 12:00-2:00p Walking Club 4:30-5:30 pm Women's Recovery 7:00p-8:30p (Free by donation)	11 Men's Wellness Program- Mind body & Stress 6:30-8:00 pm (Free by Donation)	12
13	14 Community Meditation 7:00p - 8:00p (Free by donation) Grief Series 6:00p - 7:30p (Free by donation)	15 Trauma Informed Yoga 1:00p-2:00p Women's Trauma Conference 6:00-9:00p	16 Caregivers Respite 6:00p - 7:30p (Free by Donation)	17 Open Art Studio 12:00-2:00 p Women's Recovery 7:00p-8:30p (Free by donation)	18	19
20	21 Closed	22 Closed	23 Closed	24 Closed	25 Closed	26 Closed
27 Closed	28 Closed	29 Closed	30 Acupuncture for Trauma 7:00p - 8:00p (Free by donation)	31 Closed		

