



NOVEMBER 2025

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For more information contact:
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Free - Grant funded Paid	Please scan the QR code to sign up for Workforce Day					01
02	03	04 Workforce Day	05 Dragonfly Yoga Series 10:30am - 11:45am (Free by Registration) Relaxation Point 12:00pm - 1:00pm (Free by Registration)	06 Workforce Day The Reset 7:00pm - 8:00pm (Free by Registration)	07	08
09 Yoga in the Barn 9:30am - 10:30am (Paid by Registration)	10 Community Meditation 7:00pm - 8:00pm (Free by Registration)	11 Workforce Day Carroll's Light Mother's Program 1:00pm - 3:00pm (Free by Registration) Stillpoint Meditation 7:00pm - 8:00pm (Free by Registration)	12 Dragonfly Yoga Series 10:30am - 11:45am (Free by Registration) Relaxation Point 12:00pm - 1:00pm (Free by Registration) Acupuncture for Trauma Women's Program 7:00pm - 8:00pm (Free by Registration)	13 Workforce Day Women's Recovery Dinner 5:30pm - 7:30pm (Free by Registration)	14	15
16 The Grounding Program 9:00am - 10:30am (Free by Registration)	17 Healing Through Art 6:00pm - 7:30pm (Free by Registration)	18 Workforce Day Friendsgiving Sober Social 5:30pm - 7:30pm (Free by Registration)	19 Dragonfly Yoga Series 10:30am - 11:45am (Free by Registration) Relaxation Point 12:00pm - 1:00pm (Free by Registration) Caregiver's Respite 6:00pm - 7:30pm (Free by Registration)	20 Workforce Day Frequency of Healing 6:00pm - 7:00pm (Free by Registration)	21 Music to Illuminate 6:30pm - 10:00pm (Paid by Registration)	22
23 Saltwater Sauna 9:00am - 11:00am 12:00pm - 2:00pm (Paid by Registration)	24 Honoring Grief 6:00pm - 7:30pm (Free by Registration)	25 Workforce Day	26 Dragonfly Yoga Series 10:30am - 11:45am (Free by Registration) Relaxation Point 12:00pm - 1:00pm (Free by Registration)	27 CENTER CLOSED	28 CENTER CLOSED	29/30 CENTER CLOSED CENTER CLOSED