

# APRIL

# 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04 5:30pm - 7pm New Beginnings: Embracing the New You	05	06 11:30pm - 1pm Teen Self-Care Group: Nurturing Minds and Spirits
07	08 1:30pm - 3pm Life Skills Mastery Group: Empowering You for Success	09	10	11	12	13 12pm - 2pm Yoga for Inner Harmony: Find Balance and Peace
14	15	16	17	18 5:30pm - 7pm New Beginnings: Embracing the New You	19	20
21	22 1:30pm - 3pm Life Skills Mastery Group: Empowering You for Success	23	24	25	26	27 1:30pm - 3pm Mindful Coping Skills Group: Nurturing Resilience and Inner Peace
28	29	30	01	02	03	04