









Monday	Tuesday	Wednesday	Thursday	Festive Friday
	Hours of Operation: Monday-Thursday 8:30AM-5:00PM Friday 9:30AM-5:00PM 333 W. Henderson Avenue Porterville, Ca 93257 559-570-5000		1. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers: Devil's Food Cookies 12:00 Self-Care 2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support 	2. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Holiday Card Making 2:00 P.T.S.D. Support 2:00 Veteran's Support 3:00 LGBTQ+ 3:30 Anime
5. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 11:00 Arts & Crafts 12:00 Board Games 2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)	6. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers: Christmas Toffee 12:00 Self-Care 12:00 Art Journaling 2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness	7. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Board Games 12:00 Arts & Crafts 2:00 Understanding Family 3:30 Women's support 3:30 Men's Support Peer Advisory Committee 1pm	8. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers: Pumpkin Cookies 12:00 Self-Care 2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support	9. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Snowman Bingo 2:00 P.T.S.D. Support 2:00 Veteran's Support 3:00 LGBTQ+ 3:30 Anime
12. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 11:00 Arts & Crafts 12:00 Board Games 2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)	13. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers: Coffee Cake 12:00 Self-Care 12:00 Art Journaling 2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness	14. 	15. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers: Christmas Rice Krispie Treats 12:00 Self-Care 2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support	16. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Santa's Workshop 2:00 P.T.S.D. Support 2:00 Veteran's Support 3:00 LGBTQ+ 3:30 Anime 
19. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 11:00 Arts & Crafts 12:00 Board Games 2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)	20. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers: Sugar Cookies 12:00 Self-Care 12:00 Art Journaling 2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness	21. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Board Games 12:00 Arts & Crafts 2:00 Understanding Family 3:30 Women's support 3:30 Men's Support	22. Christmas Karaoke 10-1 	23. 
26. 	27. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers: Oatmeal Cookies 12:00 Self-Care 12:00 Art Journaling 2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness	28. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Board Games 12:00 Arts & Crafts 2:00 Understanding Family 3:30 Women's support 3:30 Men's Support	29. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers: Peanut Butter Cookies 12:00 Self-Care 2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support	30. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group Closing at 1:00