


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Word Up! Black History Celeb. 10-11:30 am</p> <p>Art @ Home 1-3pm Chinese Ney Year Celeb</p>	<p>2</p> <p>Guitar w/ John 10-11:30 am</p> <p>Poetry Group 1-3pm</p>	<p>3</p> <p>Word Up! Black History Celeb. 10-11:30 am</p> <p>Work Readiness 1-3pm</p>	<p>4</p>	<p>5</p> <p>¿Qué nos pasa? *(S) 11:30-1PM</p>
6	<p>7</p> <p>Phenomenal Women's Group 10-11:30 am</p> <p>Healthy Relationships Journaling 1-3pm</p>	<p>8</p> <p>Word Up! Black History Celeb. 10-11:30 am</p> <p>Art @ Home 1-3pm Valentine's Day Art</p>	<p>9</p> <p>Guitar w/ John 10-11:30 am</p> <p>Poetry Group 1-3pm</p>	<p>10</p> <p>Word Up! Black History Celeb. 10-11:30 am</p> <p>Marvelous Men's 1-3pm</p>	<p>11</p>	<p>12</p> <p>¿Qué nos pasa? *(S) 11:30-1PM</p>
13	<p>14</p> <p>Healthy Relationships Journaling 1-3pm</p>	<p>15</p> <p>Word Up! Black History Celeb. 10-11:30 am</p> <p>Art @ Home 1-3pm Music w/ Helena!</p>	<p>16</p> <p>Guitar w/ John 10-11:30 am</p> <p>Poetry Group 1-3pm</p>	<p>17</p> <p>Word Up! Black History Celeb. 10-11:30 am</p> <p>Work Readiness 1-3pm</p>	<p>18</p>	<p>19</p> <p>¿Qué nos pasa? *(S) 11:30-1PM</p>
20	<p>21</p> 	<p>22</p> <p>Word Up! Closing Celebration Black History Month 10-11:30 am</p> <p>Art @ Home 1-3pm Karaoke</p>	<p>23</p> <p>Guitar w/ John 10-11:30 am</p> <p>Poetry Group 1-3pm</p>	<p>24</p> <p>Word Up! Black History Celeb. 10-11:30 am</p> <p>Marvelous Men's 1-3pm</p> <p>Agents of Change 3-4pm</p>	<p>25</p>	<p>26</p> <p>¿Qué nos pasa? *(S) 11:30-1PM</p>
27	<p>28</p> <p>Healthy Relationships Journaling 1-3pm</p>					

• **PHENOMENAL WOMEN'S WELLNESS BI-WEEKLY 10-11:30 AM** GOOD MENTAL HEALTH IS ESSENTIAL TO OVERALL WELL-BEING ♥- A GROUP FOR WOMEN ♥RECEIVE MENTAL HEALTH AWARENESS, TREATMENT OPTIONS, SERVICES ♥REDUCE THE STIGMA ♥INTERVENTION STRATEGIES, HEALTHY COPING SKILLS♥SUPPORT FROM OTHER PHENOMENAL WOMEN!♥

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• **MARVELOUS MEN'S GROUP 1-3PM 2ND & 4TH THURSDAYS OF THE MONTH**: SHARE YOUR INNER EXPERIENCE – INCLUDING YOUR SITUATIONS, EMOTIONS, CONCERNS, INSECURITIES, ETC. YOU ARE NOT ALONE IN DESIRING AUTHENTIC CONVERSATIONS WITH OTHER MEN ON A SIMILAR PATH.

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• **HEALTHY RELATIONSHIPS ENGLISH**: LEARN HOW TO CULTIVATE AND MAINTAIN POSITIVE AND SUPPORTIVE RELATIONSHIP WITH SELF AND OTHERS.

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• **ART @ HOME**: CREATE POSITIVE ACTIVITIES USING COMMON HOUSEHOLD GOODS TO EXPRESS SELF & RELIEVE STRESS.

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• **“WORD UP!”**: BUILD AND STRENGTHEN SUPPORT NETWORKS BY SHARING COMMUNITY RESOURCES AND PERSONAL EXPERIENCES AND LEARN ABOUT WAYS TO GIVE AND ASK FOR HELP. [CLICK HERE TO JOIN THE MEETING](#) +1 323-776-6996 PHONE CONFERENCE ID: 469 381 844#

• **POETRY**: A GREAT TOOL FOR WELLNESS THROUGH SELF-EXPRESSION. USE CREATIVE WRITING AND POETRY TO REFLECT, EXPRESS AND SHARE EMOTION AND THOUGHT WITH OTHERS. [CLICK HERE TO JOIN THE MEETING](#) +1 323-776-6996 PHONE CONFERENCE ID: 118 034 758#

• **WORK READINESS: 1-3 PM 1ST AND 3RD THURSDAY OF THE MONTH** PROVIDES CAREER PATHWAYS, GUIDANCE AND TRAINING TO LEARN HOW TO IMPROVE UPON BASIC JOB SEARCHING SKILLS, UNDERSTAND EMPLOYER EXPECTATIONS AND LEARN LIFE SKILLS NEEDED FOR SELF-SUFFICIENCY.

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• **¿QUE NOS PASA? SPANISH SATURDAYS 11:30-1PM**: BUILD AND STRENGTHEN SUPPORT NETWORKS BY SHARING COMMUNITY RESOURCES AND PERSONAL EXPERIENCES, AND LEARN ABOUT WAYS TO GIVE AND ASK FOR HELP. [Join Microsoft Teams Meeting](#)

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“AGENTS OF CHANGE” FACILITATOR GROUP: 1-3 PM LAST THURSDAY OF THE MONTH PROVIDES ALL SERVICE AREAS COMMUNITY ONLINE SUPPORT GROUP FACILITATORS A PLACE TO DISCUSS AND LEARN BEST PRACTICES FROM EACH OTHER. RECEIVE SUPPORT, ENCOURAGEMENT AND GUIDANCE AND NETWORKING OPPORTUNITIES. OPENED TO NEW AND SEASONED FACILITATORS

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GUITAR W/ JOHN WEDNESDAY'S 10- 11:30 AM WHEN LEARNING TO PLAY AN INSTRUMENT, YOU MAY CONSCIOUSLY BE THINKING ABOUT ENJOYING THE MUSIC AND BEING ABLE TO PLAY YOUR FAVORITE SONGS. HOWEVER, DURING THIS PROCESS, YOUR BRAIN IS ALSO BEING TRAINED TO OPERATE A CERTAIN WAY, WHICH HAS LOTS OF BENEFICIAL EFFECTS ON THE FUNCTIONING OF YOUR BRAIN, AS STUDIES HAVE SHOWN.

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