

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Center Closed	4 Health Navigation/Covid Testing 10am-4pm Famspot Break Bread 4pm-5:30pm	5 New Year, New Health 3pm-3:30pm Planning out the new year- Planner/ calendar workshop 4pm-4:30pm What is an Anger Iceberg? 5pm-5:30pm	6 Transgender Support Group 12pm-1pm Boardgame / Introduction 3:00pm-3:30pm Health in Relationships 3:30pm-4pm	7 Self-Esteem Group 1:00pm – 2:00pm Credit building and score group 4pm- 5 pm	8 Mapping Out Your Short and Long-term Goals 2pm-2:30pm
9	10 Make-up Class RSVP Health Navigation/Covid Testing 10am-4pm Transgender Support Group 3pm-4pm	11 Domestic Violence 101 12:00pm-1:00pm Famspot: What are Core Beliefs? 4:30pm-5:30pm	12 Developing Critical Problem-Solving Skills with Gameboards 3pm-4pm Healthy Habits 4pm-4:30pm	13 Transgender Support Group 12pm-1pm Prenatal Care 3pm-3:30pm Individual Counseling 4pm-6pm By appointment	14 Self-Esteem Group 1:00pm – 2:00pm Queer representation in media 4pm-4:30 pm	15 The Importance of Self Care Activities 1pm-1:30pm Poetry writing group 4pm-5pm o
16	17 Martin Luther King Jr. Day Center Closed	18 Health Navigation/COVID testing 10am-4pm Word & Excel Basics 12:30pm – 1:30pm Famspot Alcohol/Drug Prevention 2pm-3:pm	19 Importance on Blood Donation 4pm-4:30pm Building New Habits 5pm-5:30pm	20 Transgender Support Group 12pm-1pm Budgeting Your Money 1:30pm-2:00pm Yoga and meditation 4pm-5 pm	21 Self-Esteem Group 1:00pm – 2:00pm Let's Talk about Sex 2:30pm-3pm Paint and Sip 3pm-5 pm	22 Team-building Skills with A Sport 1pm-3pm Problem solving with videogames! 4pm-5pm
23	24 Make-up Class RSVP Diabetes 101 3-4pm Transgender Support Group 3pm-4pm Health Navigation/Covid Testing 10am-4pm	25 Resume Workshop 1pm-2pm Famspot Building New Habits 3:30pm-4:30pm Individual Counseling 5pm-7pm By appointment Only	26 Health Fair Event 11am-3pm	27 Transgender Support Group 12pm-1pm Job Interview Workshop 2:00pm-3:00pm Financial Literacy Workshop with James 3:00pm-4:00pm	28 Self-Esteem Group 1:00pm – 2:00pm Intro to acting workshop 3pm-4pm	29 Table top storytelling: Dungeons and dragons! 3:30pm-5:30pm
30	31 Make-up Class RSVP Transgender Support Group 3pm-4pm					