

Grandparents Raising grandchildren support group: Offered in person and via Zoom 5pm-6:30pm

Journal buddies: Explore various creative prompts and grow your writing skills! Mondays 4pm-6:30pm

Arts & Crafts: Expand your artistic skills & have fun with a new craft! **Tuesdays 4-6:30** 

Mutual Self Help & Life Skills: Various Series for Kids. Wednesdays 4pm-6:30pm



Mondays & Tuesdays 4pm-6:30pm & 1st and 3rd Saturday of each month 10am-1pm.



First Wednesday from 4-6:30PM. Come with your family to do a free activity!



Playgroup: Free play and activities for children and families Monday-Wednesday following skills programming.



Intakes: We accept walk-ins during regular business hours, however please feel free to call the office to make an appointment.



Business hours: Monday-Wednesday: 9am-6:30pm, Thursday 9am-5pm, Friday: 9am-4pm, Every 1st & 3rd Saturday 10am-1pm



Love after Life: A grief support group for families who have lost children from substance use. Facilitated by Cora Chase, LMHC, CADC (and Susan



**Active parenting: First Five** years--4 Week Session MUST PRE REGISTER DATES WILL BE **AVAILABLE SOON** 

Leggett). Starting Saturday 2/15

10am-lpm



**DV GROUP SUPPORT: MUST** PRE REGISTER DATES WILL BE **AVAILABLE SOON** 







