

# January 2023

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 <b>Office Closed</b>  <b>Happy New Year All!!</b>	3	4 <b>Karate 10:30 am-11:30 am</b>  <b>CLG</b> "Communication after BI Part 1" 12:30 pm-2:00 pm In Person	5 <b>Rebuilding #12</b> 10:00 am – 11:30 am Join In Person  <b>Open Social</b> "Running logs downriver" 1:00-2:30 pm	6 <b>Women's Group</b> "BI and Family" "11:00 am -12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a>	7
8	9 <b>Coffee Group</b> 11:00 am-12:00 pm  <b>Relationship Group</b> 6:30-8:00 pm Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a>	10 <b>Toolbox In Person Part 3</b> 10 am – 11:30am	11 <b>Karate 10:30 am-11:30 am</b>  <b>CLG</b> "Communication after BI Part 2" 12:30 pm-2:00 pm In Person	12 <b>Rebuilding #13</b> 10:00 am – 11:30 am Join In Person  <b>Open Social</b> "McClain's train robbers-Billy Miner" 1:00-2:30 pm	13 <b>Women's Group</b> "Tips for friendships" "11:00 am -12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a>	14
15	16 <b>Coffee Group</b> 11:00 am-12:00 pm	17 <b>Toolbox In Person Part 4</b> 10 am – 11:30am	18 <b>Karate 10:30 am-11:30 am</b>  <b>CLG</b> "Mindfulness & Gratitude after BI" 12:30 pm-2:00 pm In person <b>PWD</b>	19 <b>Rebuilding #14</b> 10:00 am – 11:30 am Join In Person  <b>Open Social</b> "Bingooooo" 1:00-2:30 pm	20 <b>Women's Group</b> "Goals and Achievements" "11:00 am -12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a>	21
22	23 <b>Coffee Group</b> 11:00 am-12:00 pm	24 <b>Toolbox In Person Part 5</b> 10 am – 11:30am	25 <b>Karate 10:30 am-11:30 am</b>  <b>CLG</b> "Memory Issues" 12:30 pm-2:00 pm In Person	26 <b>Rebuilding #15</b> 10:00 am – 11:30 am Join In Person  <b>Come join us at the office</b> <b>New Year Potluck!</b> 12:30 pm to 2:00 pm	27 <b>Women's Group</b> "How you deal w/conflict resolution" "11:00 am -12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a>	28
29	30 <b>Coffee Group</b> 11:00 am-12:00 pm	31 <b>Toolbox In Person Part 6</b> 10 am – 11:30am				

