



MAY 2023

PHONE: 250-564-2447



Sun

Monday

Tuesday

Wednesday

Thursday

Friday

Sat

	1 Coffee Group 11:00 am-12:00 pm Relationship Group 6:30-8:00 pm Join Zoom Meeting https://us06web.zoom.us/j/88601859710?pwd=bkZ2Zmw0NmtFZmQySFN5bGc0TnNmZz09	2 Toolbox #3 10:00 am – 11:30 am	3 Karate 10:30 am-11:30 am CLG “Overall, Health and Neuroplasticity” 12:30 pm-2:00 pm In Person	4 Rebuilding #27 10:00 am – 11:30 am Open Social “Searching for the coast wolves of BC.” 1:00-2:30 pm	5 Women’s Group “Working with Health Professionals” “11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/88601859710?pwd=bkZ2Zmw0NmtFZmQySFN5bGc0TnNmZz09	6
7	8 Coffee Group 11:00 am-12:00 pm	9 Toolbox #4 10:00 am – 11:30 am	10 Karate 10:30 am-11:30 am CLG “Tools; STOP and the 7R’s” 12:30 pm-2:00 pm In Person Group Home 30th anniversary BBQ Celebration 12:00 pm – 3:30 pm @ 2012 Quince Street	11 Rebuilding #27 10:00 am – 11:30 am Open Social “Canadian Lumberjack Hard Life” 1:00-2:30 pm	12 Women’s Group “Nutrition” “11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/88601859710?pwd=bkZ2Zmw0NmtFZmQySFN5bGc0TnNmZz09	13
14	15 Coffee Group 11:00 am-12:00 pm	16 Toolbox #5 10:00 am – 11:30 am	17 PWD Karate 10:30 am-11:30 am CLG “Emotional Balance” 12:30 pm-2:00 pm In person	18 Rebuilding #28 10:00 am – 11:30 am Open Social “The White Spirit Bears Of BC” 1:00-2:30 pm	19 Women’s Group “Memory Strategies” “11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/88601859710?pwd=bkZ2Zmw0NmtFZmQySFN5bGc0TnNmZz09	20
21	22 OFFICE CLOSED for Victoria Day	23 Toolbox #6 10:00 am – 11:30 am	24 Karate 10:30 am-11:30 am CLG “Memory and memory issues” 12:30 pm-2:00 pm In Person	25 Rebuilding #29 10:00 am – 11:30 am Open Social “Exploring the Waterways & Glaciers of BC” 1:00-2:30 pm	26 Women’s Group “Sexuality after BI” “11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/88601859710?pwd=bkZ2Zmw0NmtFZmQySFN5bGc0TnNmZz09	27
28	29 CPP/OAS Coffee Group 11:00 am-12:00 pm	30 Toolbox #7 10:00 am – 11:30 am	31 Karate 10:30 am-11:30 am CLG “Identity: An open question” 12:30 pm-2:00 pm In Person			