

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 9:30 Overview of Workshops and Community Resources 2:30 Tuesdays with Ted	3 1:30 Managing Anxiety (Day 1 of 8)	4 9:30 Staying Ahead Connections 1:30 Hope to Happiness Meet and Greet 2:30 Wellness Journey "World Health Day"	5 9:30 Hope to Happiness Meet and Greet 9:30 Overview of Workshops and Community Resources	6
7	8 1:30 Day School & Pathway Program Information Session 1:30 Tax Time Ready	9 9:30 Overview of Workshops and Community Resources 9:30 Hope to Happiness (Day 1 of 9) 2:30 Tuesdays with Ted	10 9:30 Hope to Happiness (Day 2 of 9) 10:00 VHA Home HealthCare - Hoarding Help & Extreme Cleaning 1:30 Managing Anxiety (Day 2 of 8)	11 9:30 Hope to Happiness (Day 3 of 9) 10:00 Budgeting Dollars and Sense 2:30 Wellness Journey "Inclusion and Belonging"	12 9:30 Overview of Workshops and Community Resources	13
14	15	16 9:30 Hope to Happiness (Day 4 of 9) 9:30 Computer Basics (Day 1 of 6) 2:30 Tuesdays with Ted	17 9:30 Hope to Happiness (Day 5 of 9) 10:30 Computer Basics (Day 2 of 6) 1:30 Managing Anxiety (Day 3 of 8)	18 9:30 Computer Basics (Day 3 of 6) 9:30 Hope To Happiness (Day 6 of 9) 1:30 Supported Self Filing Tax Clinic 2:30 Wellness Journey "The Love of Reading"	19 9:30 Overview of Workshops and Community Resources	20
21	22 1:30 Confidence Boost 1:30 Goal Setting 1:30 Effective Communication 1:30 Staying Ahead Connections	23 9:30 Computer Basics (Day 4 of 6) 9:30 Hope To Happiness (Day 7 of 9) 2:30 Tuesdays with Ted	24 9:30 Hope to Happiness (Day 8 of 9) 9:30 Computer Basics (Day 5 of 6) 1:30 Managing Anxiety (Day 4 of 8)	25 9:30 Hope to Happiness (Day 9 of 9) 9:30 Computer Basics (Day 6 of 6) 2:30 A Wellness Journey "Mother Earth Awakes"	26 9:30 Overview of Workshops and Community Resources	27
28	29 1:30 Resilience: Reboot & Rebuild	30 9:30 Overview of Workshops and Community Resources 2:30 Tuesdays with Ted				

