

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ESRP- 335-1169	National Recovery Month!	“Recovery is For Everyone: Every Person, Every Family, Every Community”!!!	1 Wellbriety/ Brain Info 9:30 -1:30pm Families In Recovery 5pm	2 Zoom Mt 10 & 4 Women’s Group 1:30 Guided Meditation 4:30pm	3 Wellbriety/Triggers 9:30 -1:30pm	4
5	6 Offices Closed Labor Day Holiday	7 Staff out of Office-No programming	8 Wellbriety/ Brain Info 9:30 -1:30pm Men’s Sweat 1-pm Families In Recovery 5pm	9 Zoom Mt 10 & 4 Women’s Group 1:30 Guided Meditation 4:30pm	10 World Suicide Prevention Day 9:30pm- 1:30pm	11
12 Honoring Grandparents Sweat 9am	13 Wellbriety/Addictions 9:30-1:30pm	14 Culture Class-10am Women ZOOM 10am MH group 12:30-2pm	15 Wellbriety/ Brain Info 9:30 -1:30pm Families In Recovery 5pm	16 Zoom Mt 10 & 4 Women’s Group 1:30 Guided Meditation 4:30pm	17 Wellbriety/ Emotions 9:30-1:30pm	18
19 Women’s Sweat 10am	20 Wellbriety/Cross Addictions 9:30-1:30pm	21 Culture Class-10am Women ZOOM 10am MH group 12:30-2pm	22 Wellbriety/ Brain Info 9:30 -1:30pm Families In Recovery 5pm	23 Zoom Mt 10 & 4 Women’s Group 1:30 Guided Meditation 4:30pm	24 Wellbriety/ cognitive Distortions 9:30-1:30pm	25
26 Youth/community Sweat 9am	27 Wellbriety/ Healing 9:30-1:30pm	28 Family GONA- 9:00-3:30pm	29 Family GONA-9:00-3:30pm	30 Family GONA 9-12pm/ GONA Sweat 1pm		
!		Acupuncture 1-2pm	Massage Therapy by Appointment	Genesis Chiropractic by Appointment		