

Avenues Program Schedule March 2024



MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<p><u>9:15-10:00 AM</u> DRA Jose</p>	<p><u>9:15 AM-12PM</u> Volunteer Group Second Harvest Food Bank Peter</p>	<p><u>9:15AM - 12PM</u> Volunteer Group - Live Earth Farms Peter</p>	<p><u>9:15-10:00 AM</u> DRA Jose</p>
<p><u>10:15- 11:00 AM</u> IDDT Kelsey</p>	<p><u>9:15-10:00 AM</u> DRA Jose</p>	<p><u>9:15-10:00 AM</u> DRA Jose</p>	<p><u>10:15AM - 11:00 AM</u> Substance Use Education Kelsey</p>
<p><u>11:15 - 12:00</u> IMR Peter</p>	<p><u>10:15-11:00 AM</u> Creative Expression Max</p>	<p><u>10:15 AM - 11:00 AM</u> Independent Living Skills Max</p>	<p><u>11:15AM - 12PM</u> Healthy Relationships Peter</p>
	<p><u>11:15 AM-12:00 PM</u> Health and Wellness Cabrillo Nursing Interns</p>	<p><u>11:15-12:00 PM</u> Mindfulness and Journaling Kelsey</p>	
	<p><u>1pm-3pm</u> Community Integration</p>		

For more information contact Kelsey Turnbull - Avenues Program Coordinator MHS
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~ Our Mission: To empower our mental health community through wellness, meaningful activity, and community connection ~