

# JANUARY 2018

## UPCOMING EVENTS OF THE MONTH

SUN	MON	TUE	WED	THU	FRI
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30	31	1	2
4	5	6	7	8	9

- CHILDREN
- TWEENS (AGES 9 – 12 YRS)
- TEENS (AGES 13 – 17 YRS)
- ADULTS (18 YRS+)
- ALL AGES WELCOME

### 8<sup>TH</sup> JANUARY 2018

- MOTHERLESS DAUGHTERS SUPPORT GROUP  
6:30 PM to 8:00 PM
- SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP  
Supporting individuals who are grieving the death of someone to suicide.  
6:00 PM to 7:30 PM

### 9<sup>TH</sup> JANUARY 2018

- CAREGIVER SUPPORT GROUP  
Caregiver Burnout? Supporting a Loved One with High Emotional Needs  
6:00 PM to 7:30 PM

### 15<sup>TH</sup> JANUARY 2018

- GRIEF SUPPORT GROUPS  
General **Adult** Grief Support Group, **Middles, & Littles** Grief Support Group.  
5:30 PM to 7:00 PM

### 16<sup>TH</sup> JANUARY 2018

- HEALING THROUGH MEDITATION  
Adults (18+ years)  
12:00 PM to 1:00 PM

### 17<sup>TH</sup> JANUARY 2018

- VALUES-CENTERED PARENTING  
Conscious Parent Seminar Series  
Adults (18+ years)  
9:30 AM to 11:00 AM
- WORKING MOMS WORKSHOP: LIGHTEN THE LOAD  
A 2-Part Workshop (Jan 17 & 24)  
Adults (18+ years)  
6:00 PM to 8:00 PM

### 22<sup>ND</sup> JANUARY 2018

- MOMMY MONDAYS  
Managing Meltdowns and Taming Tantrums  
9:30 AM to 11:00 AM

### 22<sup>ND</sup> JANUARY 2018 (CONT'D)

- HEALING THROUGH MEDITATION  
Adults (18+ years)  
6:30 PM to 7:30 PM
- MOTHERLESS DAUGHTERS SUPPORT GROUP  
6:30 PM to 8:00 PM

### 23<sup>RD</sup> JANUARY 2018

- CAREGIVER SUPPORT GROUP  
Caregiver Burnout? Supporting a Loved One with High Emotional Needs  
6:00 PM to 7:30 PM

### 24<sup>TH</sup> JANUARY 2018

- TWEEN TALK  
The Visionary Tween  
Tweens (9 - 12 years); Parent Group running simultaneously.  
5:00 PM to 6:00 PM

### 27<sup>TH</sup> JANUARY 2018

- TLH DISCOVER YOUR LIGHT: A WELLBEING EVENT  
All ages (4 years+ through Adult)  
10:00 AM to 3:00 PM

### 28<sup>TH</sup> JANUARY 2018

- LITTLE LIFETIMES  
Pregnancy & Infant Loss Support Group  
10:00 AM to 11:30 AM
- COPING WITH CANCER  
A Support Group for those affected by cancer, to help them cope with the disease through emotional support and sharing of information.  
6:30 PM to 8:00 PM

### 29<sup>TH</sup> JANUARY 2018

- GRIEF SUPPORT GROUPS  
General **Adult** Grief Support Group, **Middles, & Littles** Grief Support Group.  
5:30 PM to 7:00 PM

### 31<sup>ST</sup> JANUARY 2018

- SURVIVING AFTER LOSS TO SUICIDE (SALS) SUPPORT GROUP  
Supporting individuals who are grieving the death of someone to suicide.

