

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Heaney-Gárate 8a - 2p Makovec 11:15a - 3p	2 Jenaman 8a - 2:30p Brimeyer 12p - 6p zoom	3 Heaney-Gárate 8a - 2p Jenaman 8a - 2:30p Brimeyer 8a - 7p	4 Makovec 9a - 3p Brimeyer 12p - 6p zoom	5 Jenaman 8a - 12:30p Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	6
8 Heaney-Gárate 8a - 2p Makovec 11:15a - 3p	9 Jenaman 8a - 2:30p Brimeyer 12p - 6p zoom	10 Heaney-Gárate 8a - 2p Jenaman 8a - 2:30p Brimeyer 8a - 7p	11 Makovec 9a - 3p Brimeyer 12p - 6p zoom	12 Jenaman 8a - 12:30p Heaney-Gárate 8a - 2p	13
15 Heaney-Gárate 8a - 2p Makovec 11:15a - 3p	16 Jenaman 8a - 2:30p Brimeyer 12p - 6p zoom	17 Heaney-Gárate 8a - 2p Jenaman 8a - 2:30p Brimeyer 8a - 7p	18 Makovec 9a - 3p Brimeyer 12p - 6p zoom	19 Jenaman 8a - 12:30p Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	20
22 Heaney-Gárate 8a - 2p Makovec 9a - 12p zoom	23 Jenaman 8a - 2:30p Brimeyer 12p - 6p zoom	24 Heaney-Gárate 8a - 2p Jenaman 8a - 2:30p Brimeyer 8a - 7p	25 Makovec 9a - 3p Brimeyer 12p - 6p zoom	26 Jenaman 8a - 12:30p Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	27
29 Heaney-Gárate 8a - 2p Makovec 11:15a - 3p	30 Jenaman 8a - 2:30p Brimeyer 12p - 6p zoom			<ul style="list-style-type: none"> ✓ Call 988 if you are dealing with a mental health crisis. ✓ Call 988 for the National Suicide Prevention Lifeline. ✓ Call 988 for accessible care and support. ✓ Call 988 available 24 hours a day / 7 days a week. 	