

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
988 ✓ 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.			1	2 Heaney-Gárate 8a - 2p	3
	5 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p	6 Brimeyer 12p - 6p zoom	7 Heaney-Gárate 8a - 2p Brimeyer 8a - 7p	8 Makovec 9a - 3p Brimeyer 12p - 6p zoom	9 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p
	12 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	13 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	14 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	15 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	16 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p
	19 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	20 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	21 Heaney-Gárate 8a - 12p Wiebrand 8a - 12p	22 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	23 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p
26 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	27 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	28 Heaney-Gárate 8a - 12p Wiebrand 8a - 12p Brimeyer 8a - 12p	29 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	30 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	31