

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.					
2 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	3 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	4 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	5 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	6 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	
9 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	10 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	11 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	12 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	13 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	
16 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	17 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	18 Heaney-Gárate 8a - 12p Wiebrand 8a - 12p Brimeyer 8a - 7p	19 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	20 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	
23 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	24 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	25 Heaney-Gárate 8a - 12p Wiebrand 8a - 12p	26 Makovec 9a - 3p Wiebrand 4:30p - 6:30p	27 Heaney-Gárate 8a - 2p	