



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 1p - 6p zoom	<b>2</b> Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<b>3</b> Heaney-Gárate 8a - 2p Brimeyer 1p - 4p zoom	
		<b>6</b> Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	<b>7</b> Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<b>8</b> Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	
<b>13</b> Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	<b>14</b> Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<b>15</b> Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	<b>16</b> Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<b>17</b> Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	
<b>20</b> Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	<b>21</b> Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<b>22</b> Heaney-Gárate 8a - 12p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	<b>23</b> Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<b>24</b> Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	
<b>27</b> Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	<b>28</b> Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<b>29</b> Heaney-Gárate 8a - 12p Wiebrand 8a - 12p Brimeyer 8a - 7p	<b>30</b> Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	<ul style="list-style-type: none"> <li>✓ <b>Call 988</b> if you are dealing with a mental health crisis.</li> <li>✓ <b>Call 988</b> for the National Suicide Prevention Lifeline.</li> <li>✓ <b>Call 988</b> for accessible care and support.</li> <li>✓ <b>Call 988</b> available 24 hours a day / 7 days a week.</li> </ul>	