

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
✓ 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 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	2 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p		
6 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	7 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	8 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	9 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	10 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	11
13 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	14 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	15 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	16 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	17 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	18
20 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	21 Wiebrand 4:30p - 6:30p	22 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p	23 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	24 Heaney-Gárate 8a - 2p	25
27 Heaney-Gárate 8a - 2p Makovec 10:30a - 3p Wiebrand 4:30p - 6:30p	28 Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	29 Heaney-Gárate 8a - 2p Wiebrand 8a - 6:30p Brimeyer 8a - 7p	30 Makovec 9a - 3p Brimeyer 12p - 6p zoom Wiebrand 4:30p - 6:30p	31 Heaney-Gárate 8a - 2p Brimeyer 8a - 5p	