

Monday	Tuesday	Wednesday	Thursday	Friday	Last Friday Of The Month
Monday Morning Wellbeing 11am - 12pm			CLW Workshop 11am - 1:15pm	CLW Workshop 11am - 1:15pm	Trip! In-Person Only! 12pm - end of day
Distraction O'clock 2 - 3pm	Group Fellowship 2 - 4pm Creighton Centre			Empowerment 2pm - 3:10pm	
		Read and Relax 3pm - 4:30pm	Yoga 3 - 5pm New Venue TBC		
				Health and Wellness 5:15 - 6:15pm	
Online	In-person only	Online	In-person only	Online	In-person only