



August 2022



MONDAY	TUESDAY	'WORKING WEDNESDAYS'	THURSDAY	FRIDAY
<p>1 Nurturing Parenting 9:30 - 11am HealthLinc Ins./FSSA-HIP 11:30am - 1pm Lunchbreak Alcoholics Anon. 12 - 1p *Computer Basics 1:45 - 2:30p Coping Skills for Trauma (Virtual) 3 - 4pm</p>	<p>2 Substance Abuse Education 12 - 1:30pm Healthy Communities/HIP 2.0 2 - 3pm Grief Group 2 - 3pm Coping/Chronic Illness 3 - 4pm</p>	<p>3 TRIO Services 10 - 11:30am *Intermediate Computers 1:45 - 2:30pm WorkReady 2:30 - 3:15pm Critical Thinking Skills 3:30 - 4:15pm</p>	<p>4 Nutrition Education 11am - 12pm Healthy Communities/FSSA 11am - 12:45pm Thinking for Good 12 - 1:30pm</p>	<p>5 Bowen Services (by referral) 10 - 11am Nicotine Anonymous 12 - 1pm Anger Management 3 - 4pm</p>
<p>8 Nurturing Parenting 9:30 - 11am Adult Basic Education (GED)* 10am - 1pm HealthLinc Ins./FSSA-HIP 11:30am - 1pm Lunchbreak Alcoholics Anon. 12 - 1p *Computer Basics 1:45 - 2:30p Coping Skills for Trauma (Virtual) 3 - 4pm</p>	<p>9 Adult Basic Education (GED)* 10am - 1pm Healthy Communities/HIP 2.0 2 - 3pm Grief Group (Virtual) 2 - 3pm Coping/Chronic Illness (Virtual) 3 - 4pm</p>	<p>10 Adult Basic Education (GED)* 10am - 1pm Anthem Medicaid Representative 11am - 12n *Intermediate Computers 1:45 - 2:30pm WorkReady 2:30 - 3:15pm Critical Thinking Skills 3:30 - 4:15pm</p>	<p>11 Adult Basic Education (GED)* 10am - 1pm Nutrition Education 11am - 12pm Healthy Communities/FSSA 11am - 12:45pm</p>	<p>12 Bowen Services (by referral) 10 - 11am Nicotine Anonymous 12 - 1pm Smoking Cessation 1 - 2:30pm Anger Management 3 - 4pm</p>
<p>15 Nurturing Parenting 9:30 - 11am Adult Basic Education (GED)* 10am - 1pm HealthLinc Ins./FSSA-HIP 11:30am - 1pm Lunchbreak Alcoholics Anon. 12 - 1p *Computer Basics 1:45 - 2:30p Coping Skills for Trauma (Virtual) 3 - 4pm</p>	<p>16 Adult Basic Education (GED)* 10am - 1pm Substance Abuse Education 12 - 1:30pm Healthy Communities/HIP 2.0 2 - 3pm Grief Group (Virtual) 2 - 3pm Coping/Chronic Illness (Virtual) 3 - 4pm</p>	<p>17 Adult Basic Education (GED)* 10am - 1pm *Intermediate Computers 1:45 - 2:30pm WorkReady 2:30 - 3:15pm Critical Thinking Skills 3:30 - 4:15pm</p>	<p>18 Adult Basic Education (GED)* 10am - 1pm TRIO Services 9am - 10:30am Nutrition Education 11am - 12pm Healthy Communities/FSSA 11am - 12:45pm Thinking for Good 12 - 1:30pm</p>	<p>19 Bowen Services (by referral) 10 - 11am Aliveness Project (HIV/Hep-C testing) 11:30am - 1pm Nicotine Anonymous 12 - 1pm Anger Management 3 - 4pm</p>
<p>22 Nurturing Parenting 9:30 - 11am Adult Basic Education (GED)* 10am - 1pm Nurturing Parenting 9:30 - 11am Lunchbreak Alcoholics Anon. 12 - 1p *Computer Basics 1:45 - 2:30p Coping Skills for Trauma (Virtual) 3 - 4pm</p>	<p>23 Adult Basic Education (GED)* 10am - 1pm Substance Abuse Education 12 - 1:30pm Healthy Communities/HIP 2.0 2 - 3pm Grief Group (Virtual) 2 - 3pm Coping/Chronic Illness (Virtual) 3 - 4pm</p>	<p>24 Adult Basic Education (GED)* 10am - 1pm Anthem Medicaid Representative 11am - 12n Financial Literacy w/Centier 9am - 10am *Intermediate Computers 1:45 - 2:30pm WorkReady 2:30 - 3:15pm Critical Thinking Skills 3:30 - 4:15pm</p>	<p>25 Adult Basic Education (GED)* 10am - 1pm Nutrition Education 11am - 12pm Healthy Communities/FSSA 11am - 12:45pm Thinking for Good 12 - 1:30pm</p>	<p>26 Bowen Services (by referral) 10 - 11am Nicotine Anonymous 12 - 1pm Anger Management 3 - 4pm</p>
<p>29 Adult Basic Education (GED)* 10am - 1pm Nurturing Parenting 9:30 - 11am HealthLinc Ins./FSSA-HIP 11am - 2pm Lunchbreak Alcoholics Anon. 12 - 1p *Computer Basics 1:45 - 2:30p Coping Skills for Trauma/PTSD 3 - 4pm</p>	<p>30 Adult Basic Education (GED)* 10am - 1pm Substance Abuse Education 12 - 1:30pm Healthy Communities/HIP 2.0 2 - 3pm Grief Group (Virtual) 2 - 3pm Coping/Chronic Illness (Virtual) 3 - 4pm</p>	<p>31 Adult Basic Education (GED)* 10am - 1pm *Intermediate Computers 1:45 - 2:30pm WorkReady 2:30 - 3:15pm Critical Thinking Skills 3:30 - 4:15pm</p>	<p>*Class taught in GLC's computer lab Classes in blue held by virtual/remote link available by emailing: gracelearningcenter@cch-mc.org</p>	