

# June 2025

## Grace Learning Center

1007 W. 8th St., Michigan City  
219-879-6788

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am Anger Management 3:00pm-4:00pm	<b>3</b> Coping with Trauma 9:00 am - 10:00am Self Esteem 10:00 am - 11:00 am	<b>4</b> Food Budgeting and Meal Planning 9:00am-10:00am Substance Abuse 5:00pm-6:00pm	<b>5</b> Nutrition Education 11:00 am - 12:00 pm Plant Based Cooking 12:45 p.m- 2:00 p.m	<b>6</b>
<b>9</b> Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am GED-HISET 1000:am-1:00pm Computer Basics 1:45 pm - 2:30 pm Anger Management 3:00pm-4:00pm	<b>10</b> Coping with Trauma 9:00 am - 10:00am Self Esteem 10:00 am - 11:00 am	<b>11</b> Empower Me to be Clutter Free 9:00am-10:00am Intermediate Computers 1:45 pm - 2:30 pm Substance Abuse 5:00pm-6:00pm	<b>12</b> Nutrition Education 11:00 am - 12:00 pm Budgeting with PNC 2:30 pm - 3:30 pm Dining with Diabetes 5:00pm-7:00p	<b>13</b> Mindful Movement 9:30am-10:30am
<b>16</b> Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am Computer Basics 1:45 pm - 2:30 pm Anger Management 3:00pm-4:00pm	<b>17</b> Coping with Trauma 9:00 am - 10:00am Self Esteem 10:00 am - 11:00 am	<b>18</b> Staying Scam Safe 9:00am-10:00am Intermediate Computers 1:45 pm - 2:30 pm Substance Abuse 5:00pm-6:00pm	<b>19</b> Nutrition Education 11:00am-12:00pm Plant Based Cooking 12:45 pm- 2:00 pm Dining with Diabetes 5:00pm-7:00pm	<b>20</b> Mindful Movement 9:30am-10:30am Narcan 10:00a-11:00a Aliveness Project 11:30 am - 1:00 pm
<b>23</b> Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am Computer Basics 1:45 pm - 2:30 pm Anger Management 3:00pm-4:00pm	<b>24</b> Coping with Trauma 9:00 am - 10:00am Self Esteem 10:00 am - 11:00 am	<b>25</b> Physical Activity Across the Lifespan 9:00am-10:00am Intermediate Computers 1:45 pm - 2:30 pm Substance Abuse 5:00pm-6:00pm	<b>26</b> Nutrition Education 11:00 am - 12:00 pm Budgeting with PNC 2:30 pm - 3:30 pm Dining with Diabetes 5:00pm-7:00pm	<b>27</b> Mindful Movement 9:30am-10:30am
<b>30</b> Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am Computer Basics 1:45 pm - 2:30 pm Anger Management 3:00pm-4:00pm		Classes in blue also available by virtual/remote at <a href="https://cch-mc.org/grace-learning-center/">https://cch-mc.org/grace-learning-center/</a> *Class taught in GLC's computer lab Insurance sign-up available upon request Trio Services available by appointment Mondays 12:00pm-1:00pm		