



June 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|
| 1 Healthy Relationships 9:00am-10:00am GED/HiSet 9:00am - 12:00pm Living with Anxiety 10:00am-11:00am Ice Breakers - CMA Meeting 12:00pm - 1:00pm Computer Basics 1:45pm - 2:30pm | 2 Coping Skills 9:00am - 10:00am Self Esteem 10:00am - 11:00am Anger Management 3:00pm-4:00pm | 3 Train Your Brain 9:00am - 10:00am Sisters of Grace - Women's AA 12:00pm - 1:00pm Forward Together 1:00pm - 2:00pm Intermediate Computers 1:45pm - 2:30pm Substance Use & Recovery Education 5:00pm - 6:00pm What Teens Need to Know 6:15pm - 7:30pm | 4 Yoga of You 9:00am - 9:45am Family Cooking on a Budget 4:00pm - 5:00pm | 5 Ice Breakers - CMA Meeting 9:00am - 10:00am Moral Reconciliation Therapy (MRT) 11:00am - 12:00pm D.A.N.U. - NA Meeting 12:00pm - 1:00pm Budgeting with PNC 2:30pm - 3:30pm | |
| 8 Healthy Relationships 9:00am-10:00am GED/HiSet 9:00am - 12:00pm Living with Anxiety 10:00am-11:00am Ice Breakers - CMA Meeting 12:00pm - 1:00pm Computer Basics 1:45pm - 2:30pm | 9 Coping Skills 9:00am - 10:00am Self Esteem 10:00am - 11:00am Anger Management 3:00pm-4:00pm | 10 Sisters of Grace - Women's AA 12:00pm - 1:00pm Forward Together 1:00pm - 2:00pm Intermediate Computers 1:45pm - 2:30pm Substance Use & Recovery Education 5:00pm - 6:00pm What Teens Need to Know 6:15pm - 7:30pm | 11 Yoga of You 9:00am - 9:45am | 12 Ice Breakers - CMA Meeting 9:00am - 10:00am Moral Reconciliation Therapy (MRT) 11:00am - 12:00pm D.A.N.U. - NA Meeting 12:00pm - 1:00pm Budgeting with PNC 2:30pm - 3:30pm | |
| 15 Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am Ice Breakers - CMA Meeting 12:00pm - 1:00pm Computer Basics 1:45pm - 2:30pm | 16 Coping Skills 9:00am - 10:00am Self Esteem 10:00am - 11:00am Anger Management 3:00pm-4:00pm | 17 Sisters of Grace - Women's AA 12:00pm - 1:00pm Forward Together 1:00pm - 2:00pm Intermediate Computers 1:45pm - 2:30pm Substance Use & Recovery Education 5:00pm - 6:00pm What Teens Need to Know 6:15pm - 7:30pm | 18 Yoga of You 9:00am - 9:45am Plant Based Cooking 4:00pm - 5:00pm | 19 Ice Breakers - CMA Meeting 9:00am - 10:00am Substance Use Awareness 10:00am - 11:00am Moral Reconciliation Therapy (MRT) 11:00am - 12:00pm Aliveness Project (HIV, Hep C, Syphilis Testing) 11:30am - 1:00pm D.A.N.U. - NA Meeting 12:00pm - 1:00pm | 20 Food Handler Certification Workshop 9:00am - 3:00pm |
| 22 Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am Ice Breakers - CMA Meeting 12:00pm - 1:00pm Computer Basics 1:45pm - 2:30pm | 23 Coping Skills 9:00am - 10:00am Self Esteem 10:00am - 11:00am Anger Management 3:00pm-4:00pm | 24 Screentime Management 9:00am - 10:00am Sisters of Grace - Women's AA 12:00pm - 1:00pm Forward Together 1:00pm - 2:00pm Intermediate Computers 1:45pm - 2:30pm Substance Use & Recovery Education 5:00pm - 6:00pm What Teens Need to Know 6:15pm - 7:30pm | 25 Yoga of You 9:00am - 9:45am Budgeting with PNC 2:30pm - 3:30pm Family Cooking on a Budget 4:00pm - 5:00pm | 26 Ice Breakers - CMA Meeting 9:00am - 10:00am Moral Reconciliation Therapy (MRT) 11:00am - 12:00pm D.A.N.U. - NA Meeting 12:00pm - 1:00pm | |
| 29 Healthy Relationships 9:00am-10:00am Living with Anxiety 10:00am-11:00am NorthShore Blood Pressure Clinic 10:30am - 1:00pm Ice Breakers - CMA Meeting 12:00pm - 1:00pm Computer Basics 1:45pm - 2:30pm | 30 Coping Skills 9:00am - 10:00am Self Esteem 10:00am - 11:00am Anger Management 3:00pm-4:00pm | citizens concerned <i>for the homeless</i> www.cch-mc.org | <ul style="list-style-type: none"> • Available by virtual/remote at https://cch-mc.org/grace-learning-center/ • Taught in GLC's computer lab • Preregistration required (contact center for more information) • Trio Services by appointment Mondays 12:00pm-1:00pm | | |

