

March 2015 - Financial Wellness Month

Monday	Tuesday	Wednesday	Thursday	Friday
<i>*Items in purple denote International Women's Week Programming*</i>				
2	3	4	5	6
Sharing Circle 10:30-11:30am WRAP Session 7 1-3:30pm Inspirational Women Interactive Art Piece 10am	YMCA Aqua-fit 10-11am Women's expressive Art Therapy: Self Esteem 1pm	* Food is Mood: Breakfast Special 9am NISA is CLOSED at 12pm	Membership meeting and Potluck 11am Please bring a dish to share NISA is CLOSED at 1:30pm *Mothers Offering Mutual Support Group 6:00pm-7:30pm	Creating Superheroes! 11:30am Women's Wisdom Writing Circle 1pm
9	10	11	12	13
Sharing Circle 10:30-11:30am	YMCA Aqua-fit 10-11am *Artists' Loft Workshop: Zentangle Magnets & Entrepreneurship Discussion 1pm	*Food is Mood 11am Sudbury Credit Counselling Centre Budgeting Information Session 1pm *Computer Basics (1) 1pm	YMCA Gym 10-11am Recovery Wellness: 10:30-11:30am	Super Stories Drawing Workshop 10am-12pm Brainstorm Poetry Contest ends at 12pm!
Peer Support Training				
16	17	18	19	20
Sharing Circle 10:30-11:30am WRAP Session 8 1-3:30pm	YMCA Aqua-fit 10-11am *Digital Storytelling (1) 1-3:30pm *Artists' Loft Workshop: Upcycled Toilet Paper Roll Craft 1pm	*Food is Mood 11am Réseau Access HIV/AIDS Information Session 1pm *Computer Basics (2) 1pm	YMCA Gym 10-11am Recovery Wellness; 10:30-11:30am * Digital Storytelling (2) 1-3:30pm *Mothers Offering Mutual Support Group 6:00pm-7:30pm	Writer's Circle: Query Letters 1pm Artists' Loft Meeting 1pm
23	24	25	26	27
Sharing Circle 10:30-11:30am	YMCA Aqua-fit 10-11am Artists' Loft Workshop: Piggy Banks 1pm * Digital Storytelling (3) 1-3:30pm	HIV/AIDS Testing 10am *Food is Mood 11am ODSP Info Session: 1pm *Computer Basics (3) 1pm	YMCA Gym 10-11am Recovery Wellness 10:30-11:30am * Digital Storytelling (4) 1-3:30pm	Writers' Brainstorm: Check in 1pm Super Stories Drawing Workshop 10-12pm
30	31			
Sharing Circle 10:30-11:30am	YMCA Aqua-fit 10-11am * Digital Storytelling (5) 1-3:30pm Expression Through Music 1pm Family Support Night 7-8:30pm	*Registration is Required Hours: Monday to Friday 8:30am – 4pm		