



February 2024: Beat The Blues



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beat The Blues is on February 16 from 10:00am till 3:00pm.			1 10:30am Membership Meeting ID: 950 311 1979 Password: 6472 12:00pm NISA Closed	2 10:30am Gratefulness Craft 1:00pm Open Mic
5 10:30am Sharing Circle 12:30pm Exploring Our Skills and Goals 1:30pm Older Adult Sharing Circle	6 10:30am Bop It 1:00pm Aspiring Writers' Circle BINGO 2:00pm Autism Support Persons- Who Is Your Best Supporters?	7 10:30am Food is Mood 1:00pm Mental Health & Beating the Stigma 2:00pm Pictionary	8 10:30am Food is Mood 1:00pm Spiritual Wellness Sharing Circle 2:00pm How To Make Winter Positive	9 10:30am You Are Own Worst Critic 1:00pm BINGO
12 10:30am Sharing Circle 12:30pm Exploring Our Skills and Goals 1:30pm Older Adult Sharing Circle	13 10:30am Red Flag/Green Flags Part 2 1:00pm Writers' Circle 2:00pm Autism and Mental Health	14 10:30am Food is Mood 1:00pm LGBTQ+ Sharing Circle 2:00pm Self Care Guides	15 10:30am Food is Mood 1:00pm Historical Figure: David Suzuki 2:00pm Delight Is In The Details	16 10:00am-3:00pm Beat The Blues Day
19 NISA Closed for Family Day	20 10:30am Art Therapy With Clay 1:00pm Writers' Circle 2:00pm Parallel Play	21 10:30am Food is Mood 1:00pm Motivation and Mental Wellness 2:00pm Art Skills	22 10:30am Food is Mood 1:00pm Spiritual Wellness Sharing Circle 2:00pm Brain Teasers	23 10:30am Misery Loves Company 1:00pm Open Mic
26 10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle	27 10:30am Positivi-tea 1:00pm Writers' Circle 2:00pm Autism Comfort Behaviors- Stimming Stigma 6:00pm Peer Support for the Supporter Sign up with Hugh at hjeanveau@nisa.on.ca 6:00pm Game Changers Sign up with Tanner at tjarmstrong@nisa.on.ca	28 10:30am Food is Mood 1:00pm Positive Psychology 2:00pm Acceptance & Appreciation of Your Unique Self 6:00pm Pride Support Sign up With Jenna or Dana jbarnes@nisa.on.ca or dlove@nisa.on.ca	29 10:30am Food is Mood 1:00pm Why Am I Not Happy? 2:00pm Learning About Borderline Personality Disorder	