



August **2026**



Join us!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 WE ARE CLOSED	4 Crafters & Coffee 10-12 Identity Beyond Labels 1-3	5 Diamond Painting 10-3 Vision Board 1-3	6 Pantry Meal Prep 10-12 How Labels Shape Identity 1-3	7 Tangled Up in Thread 10-12 Build-A-Human 1-3
10 Open Space / Coffee & Check-In 10-12 Mellow Monday Bingo 1-3	11 Crafters & Coffee 10-12 I'm Allowed to Feel This Way 1-3	12 Diamond Painting 10-3 The Breakfast Club Movie 1-3	13 Backyard and Banter 10-12 Journey to Self-Acceptance 1-3	14 Tangled Up in Thread 10-12 Karaoke 1-3
17 Open Space / Coffee & Check-In 10-12 Self-Portrait, My Way 1-3	18 Crafters & Coffee 10-12 From Inner Critic to Inner Coach 1-3	19 Diamond Painting 10-3 	20 Pantry Meal Prep 10-12 Loud Thoughts, Quiet Trusts 1-3	21 Tangled Up in Thread 10-12 Adult Survival Guide 1-3
24 Open Space / Coffee & Check-In 10-12 Uno / Skip-Bo 1-3	25 Crafters & Coffee 10-12 Getting Stuff Done 1-3	26 11-3	27 Backyard and Banter 10-12 Unmasking the Real Me 1-3	28 Tangled Up in Thread 10-12 The Friendship Speed Dating 1-3
31 Open Space / Coffee & Check-In 10-12 Random Acts of Kindness Day 1-3	SELF ESTEEM & CONFIDENCE			

View our referral form
or latest calendar



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QUICK GUIDE

- Weekly Drop-In Spaces
- Games & Group Fun
- Creative Wellness
- M.I.N.D. Learning Spaces
- Special Events
- Sign-Up Required

Recovery starts with one small step. We're glad you're here.