


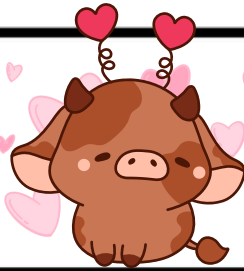




















M.I.N.D
My Mind. My Move.

FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Name That Tune with Movement 10-12  Creative Corner  1-3	4 Cross-Stitch with Anthony 9-12 The Impact of Trauma on Mental Health Part. 1 1-3	5  Diamond Painting  1-3	6 Puzzle & Brain Teasers Cafe 10-12 Baking Cookies 1-3	7 Cross-Stitch with Anthony 9-12 Mystery Detective Challenge  1-3
10  Balloon Volleyball 10-12 Creative Corner  1-3	11 Cross-Stitch with Anthony 9-12 The Impact of Trauma on Mental Health Part. 2 1-3	12 March Calendar Planning 11-12 Diamond Painting  1-3	13 "Let's Talk About..." 10-12 Self-Care and Healthy Routine Part.1 1-3	14 Cross-Stitch with Anthony 9-12 Self-Love Dance Party  1-3
17 	18 WHMIS 10-12 Murshrooms Craft with Sue 1-3	19 WHMIS  10-12 Diamond Painting  1-3	20 Board Games & Coffee Morning 10-12 Make Your Own Pizza 1-3	21 Cross-Stitch with Anthony 9-12 Bingo & Snack Social  1-3
24 Card Deck Fitness Game  10-12 Phoenix Rising Art  1-3	25 Cross-Stitch with Anthony 9-12 Understanding Anxiety 1-3	26 Diamond Painting  1-3	27 "Let's Talk About..." 10-12 Self-Care and Healthy Routine Part. 2 1-3	28 Cross-Stitch with Anthony 9-12 Game Show Afternoon  1-3

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