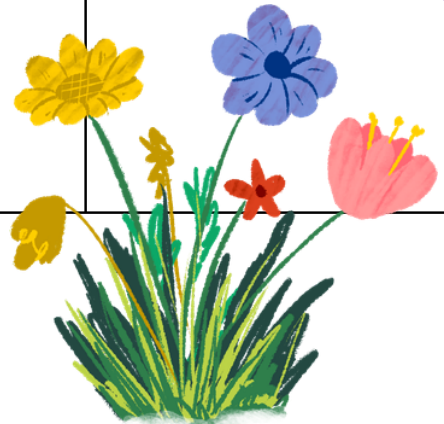


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Diamond Painting 10-3 Bowling 1-3	2 Pantry Meal Prep 10-12 Completion of Module 1 Celebration 1-3	3 
		6 	7 Crafters & Coffee 10-12 Your Nervous System Under Stress 1-3	8 Diamond Painting 10-3 Bingo 1-3
13 Open Space / Coffee & Check-In 10-12 Creative Corner 1-3	14 Crafters & Coffee 10-12 Stress Management & Overwhelm 1-3	15 Diamond Painting 10-3 	16 Cooking With Kenzie 10-12 Why Stress Hits Some People Harder 1-3	17 Tangled Up in Thread 10-12 Stress Auction 1-3
20 Open Space / Coffee & Check-In 10-12 Creative Corner 1-3	21 Crafters & Coffee 10-12 Coping Skills That Help 1-3	22 Diamond Painting 10-3 Inside Out - Movie 1-3	23 Reflection & Journaling 10-12 Survival Coping & Self-Compassion 1-3	24 Tangled Up in Thread 10-12 Inside Out 2 - Movie 1-3
27 Open Space / Coffee & Check-In 10-12 Creative Corner 1-3	28 Tote-ally Regulated Craft 10-12 Energy, Limits & Recovery 1-3	29 Diamond Painting 10-3 Stress Mapping Activity 1-3	30 Pantry Meal Prep 10-12 Burnout, Fatigue & Emotional Exhaustion 1-3	

April 2026



Join us!



View our referral form  
or latest calendar



(506) 857-0014  
hello@ergoninc.ca  
www.ergoninc.ca