



April 2026

Mon	Tue	Wed	Thu	Fri
<p>The Center Hours, Groups and Activities are Subject to Change.</p> <p>Please contact staff to find out more information on becoming a member. http://www.t-mha.org/wellness-calendars.php</p>		<p>1 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking 4 Wellness</p> 	<p>2 Center Hours 8-1 11-12:30pm Whole Health & Foodbank</p> 	<p>3 Center Hours 12-9pm 2pm Women's Group 5-9pm Bowl-A-Thon</p> 
<p>6 FAMILY SERVICES Please Contact Jasmine @ (805) 458-5487</p>	<p>7 Center Hours 8-1 11am Community Mtg 12-2pm Bag Lunch Must RSVP by Friday, April 3, 2026</p> 	<p>8 Center Hours 8-1 No Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking 4 Wellness</p> 	<p>9 Center Hours 8-1 11am Baking Class: Pull Apart Pie Must RSVP!</p> 	<p>10 Open for Event Only 12-2:30pm Spring Luncheon Must RSVP!</p> 
<p>13 FAMILY SERVICES</p> 	<p>14 Center Hours 8-1 10am Creative Ventures 11am Community Mtg & Calendar Planning 12pm Card Making</p>	<p>15 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking 4 Wellness</p> 	<p>16 Center Hours 8-1 11-12:30pm Whole Health & Foodbank</p> 	<p>17 Center Hours 8-1 9am Women's Group 11am Dual Diagnosis</p> 
<p>20 FAMILY SERVICES</p> 	<p>21 Center Hours 8-1 11am Community Mtg 12-2pm Bag Lunch Must RSVP by Friday, April 17, 2026</p> 	<p>22 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking 4 Wellness</p> 	<p>23 Center Hours 8-1 11am Cooking Class: Spaghetti and Meatballs Must RSVP!</p> 	<p>24 Center Hours 8-1 9am Women's Group 11am Dual Diagnosis</p> 
<p>27 FAMILY SERVICES</p> 	<p>28 Center Hours 8-1 10am Creative Ventures 11am Community Mtg</p> 	<p>29 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking 4 Wellness</p>	<p>30 Center Hours 8-1 9-12pm Birthday Celebrations & BINGO</p> 	<p>Breakfast & Coffee Daily 8-10 Green: Outdoor Activities Purple: Indoor Groups Blue: Monthly</p> 