

## A Way to Freedom March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Closed	What's on Your mind - 3 Skills - 4	Closed	Issues group - 2 Ways to Move-3:30	Relaxation - 2 Weis - 3:30	9 Sleep Myths-2 Mindfulness-3	Community lunch- 11:30 Open day
8	9	10	11	12	13	14
Closed	Comm meeting - 2 Skills - 4	Closed	9 sleep myths (continued) - 2 Issues groups - 3:30	How are you - 2 Walmart -3:30	Stretching-2 Mindfulness - 3	Community lunch - 11:30 St Pat's day
15	16	17	18	19	20	21
Closed	Meditation- 2 Skills - 4	Closed	WRAP - 2 Issues- 3:30	Getting to know you - 2 KOVA 2-3:30	Chat talk – 2 Mindfulness - 3	Community lunch - 11:30 Open talk
22	23	24	25	26	27	28
Closed	Comm meeting - 2 Skills - 4	Closed	When to say yes - 2 Stretching - 3:30	Problem Solving - 2 Chat – 3:30	Talk - 2 Mindfulness - 3	Community lunch -11:30 Games
29	30	31				
Closed	Budget – did you make it - 2 Skills - 4	Closed				

29 Trinity St, Newton, NJ 07860  
 Monday, Wednesday, Thursday, Friday 1:30 PM -5:30 PM/ Saturday 10AM -2PM  
 (973)300-0830  
 For more information, contact Center Manager Betty (bmcteague@cspnj.org)

