

COURSES

WINTER 2022 SESSION BEGINS ~ JANUARY 3, 2022



ADVENTURES IN LIVING No Charge CALM No Charge 1ST AND 3RD MONDAY OF THE MONTH 7 PM **THURSDAYS** 5-6 PM FUN PEACE AND QUIET **ADVENTURE COMFORT** WHAT IS BLISS RECREATION **ENTERTAINMENT** RELAXATION **EDUCATION** SLEEP BETTER SKILL **FRIENDSHIP** \$25/SESSION **SPIRIT IN BODY'S CLOTHES STARTING YOUR OWN BUSINESS** \$25/SESSION THURSDAYS 6-7 PM TUESDAYS 7-8 PM I AM NOT MY BODY **IDEA EXPANDING YOUR CONSCIOUSNESS BEYOND YOUR BODY BRANDING** FEEL NO PAIN SALES SICK NO MORE **M**ARKETING TIRED NO MORE FINANCE AND ACCOUNTING REPEAT BUSINESS \$25/SESSION **NOT THE VICE PRESIDENT TUESDAYS** \$25/SESSION 6-7 PM **FATHER'S GROUP GETTING BEYOND LIMITATION WAIT LIST** GLASS AND OTHER CEILINGS DOUBT HIGHER EDUCATION OR NOT **LGBTQ GROUP MEET** No Charge **THURSDAYS 7 PM SOS- SURVIVORS OF SUICIDE** No Charge **COMING OUT** 2ND AND 4^{4TH} MONDAY OF THE MONTH 7 PM **BEING YOUR AUTHENTIC SELF** A DIFFERENT KIND OF LOSS SELF LOATHING FINDING FRIENDS A GROUP THAT SHARES YOUR LOSS **CRYING OUT LOUD RELATIONSHIPS**

SORROW, ANGER, GUILT

LET'S GET IT STARTED

No Charge

WAIT LIST

TOOL KIT FOR MAKING IT ON YOUR OWN

Housing

FOOD SECURITY

FURNITURE

GAINFUL EMPLOYMENT

GETTING AHEAD ~ WITHOUT FALLING BEHIND

No Charge

WAIT LIST

FEEDING A FAMILY
AFFORDABLE FUN

AFFORDABLE CLOTHES, FURNITURE

CREDIT??

LIFE IS EDUCATION