

# February 2021 WeSPARK PROGRAM CALENDAR

To register for a class or group please email [registration@wespark.org](mailto:registration@wespark.org)  
 Please visit [www.wespark.org](http://www.wespark.org) for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) <b>10am</b> Mindfulness and Self Care During Challenging Times w/ Diane	<b>2</b>  <b>10am</b> Yoga with Victoria <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>3</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>**NEW** 3:30pm</b> Zentangle Workshop with Jody <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>4</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>5</b>  <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>6</b>  <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni
<b>8</b>  <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) <b>10am</b> *new* Mindfulness and Self Care During Challenging Times w/ Diane	<b>9</b>  <b>10am</b> Yoga with Victoria <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>10</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>**NEW** 3:30pm</b> Zentangle Workshop with Jody <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>11</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>12</b>  <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>13</b>  <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni
<b>15</b>  <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) <b>10am</b> *new* Mindfulness and Self Care During Challenging Times w/ Diane	<b>16</b>  <b>10am</b> Yoga with Victoria <b>**NEW** 1pm</b> Young Adult Support Group <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>17</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>**NEW** 3:30pm</b> Zentangle Workshop with Jody <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>6pm</b> Family Grief Support	<b>18</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>19</b>  <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>20</b>  <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni
<b>22</b>  <b>10am</b> Zoom Qi Gong with Michael (3rd party resource--visit wespark.org for link) <b>10am</b> *new* Mindfulness and Self Care During Challenging Times w/ Diane	<b>23</b>  <b>10am</b> Yoga with Victoria <b>**NEW** 1pm</b> Young Adult Support Group <b>3pm</b> Qi Gong & Meditation for Cancer Support w/Ed <b>6pm</b> Caregiver Support Group	<b>24</b> <b>1:15pm</b> Guided Imagery <b>2:30pm</b> In Treatment Support Group <b>**NEW** 3:30pm</b> Zentangle Workshop with Jody <b>3pm</b> The Real Talk <b>5:30pm</b> Partner Grief Support <b>**NEW** 5:30pm</b> Spa Day at WeSPARK <b>6pm</b> Family Grief Support	<b>25</b> <b>10:15am</b> Ongoing/Metastatic Support Group <b>2:30pm</b> Men's Support <b>5pm</b> Doing Cancer Solo	<b>26</b>  <b>10am</b> Post Treatment Support Group <b>2pm</b> Breast Cancer Support Group	<b>27</b>  <b>11am</b> Children's Support Group with Jaime <b>2:15pm</b> Yoga with Yovanni

Please note:

We will provide another Sound Healing Bath in February, as well as a Nutritional Counseling Workshop. Please stay tuned for dates/ more information.

If you have any questions about our program. Please feel free to email our program assistant at: [juan@wespark.org](mailto:juan@wespark.org)

