

MARCH 2026

KEY CODE
 • Y12SR = YOGA FOR 12 STEP RECOVERY
 • ALT2SU = ALTERNATIVES TO SUICIDE
 • HVN = HEARING VOICES NETWORK
 * = BILINGUAL AS NEEDED/BILINGÜE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 9:30-10:30am Move! 12:30-1:30pm Gentle Movement Exercises (On Zoom) 3:30-4:30pm Caring Connections (On Zoom)	3 3-4:30pm Alt2Su	4 2-3pm Writing for Wellbeing (On Zoom) 3-4pm HVN	5 9:30-10:30am Phoenix Yoga & Meditation 3-4:30pm Peer Gathering Space	6 6:30-8pm Levitate Sound Meditation	7 9:30-11am Valley Qigong and Tea (In-Person & Virtual) 12-2pm Sage Circle
8	9 9:30-10:30am Move! 2-3pm Meditation Meets Art (On Zoom) 3:30-4:30pm Caring Connections (On Zoom)	10 10-11am Phoenix Yoga & Meditation 3-4:30pm Alt2Su 6-7pm Qigong & Sound	11 10-11am Mindful Movement (In Person & Virtual) 2-3pm Building Connections Through the Pages 3-4pm HVN	12 3-4:30pm Peer Gathering Space	13 3-4pm Intentional Reading *	14 9:15-11am Y12SR with Phoenix CT 9:30-11am Valley Qigong and Tea (In-Person & Virtual) 1-2:30pm The Nourished Mama - A Motherhood Circle
15	16 9:30-10:30am Move! 12:30-1:30pm Crafting Circle 3:30-4:30pm Caring Connections (On Zoom)	17 12-1pm Breathwork for Recovery (In-Person & Virtual) 3-4:30pm Alt2Su	18 2-3pm Healing Through the Arts 3-4pm HVN	19 9:30-10:30am Phoenix Yoga & Meditation 1:30-4:30pm Movie Matinee: Yes Man	20 3-4:30pm Intentional Writing and Art * 6:30-8pm Drum Circle	21 9:30-11am Valley Qigong and Tea (In-Person & Virtual) 11:30am-12:30pm Zumba *
22	23 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: Abundance 3:30-4:30pm Caring Connections (On Zoom)	24 10-11am Phoenix Yoga & Meditation 3-4:30pm Alt2Su 6-7pm Qigong & Sound	25 2-3pm Building Connections Through the Pages (On Zoom) 3-4pm HVN	26 9:30-10:30am Come As You Are Yoga 1-2:30pm Mixed Media Art * 3-4:30pm Peer Gathering Space	27 Closed for Professional Development	28 9:30-11am Valley Qigong and Tea (In-Person & Virtual) 12-2pm Makers with Pride
29	30 9:30-10:30am Move! 3:30-4:30pm Caring Connections (On Zoom)	31 3-4:30pm Alt2Su			Scan here to register for in person offerings! 	