

SEPTEMBER 2026



PURPLE = IN PERSON
GREEN = VIRTUAL
BROWN = SPECIAL OFFERING
BLUE = BILINGUAL AS NEEDED/BILINGÜE

ALT2SU = ALTERNATIVES TO SUICIDE
HVN = HEARING VOICES NETWORK
HYBRID = VIRTUAL & IN PERSON

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 12-1pm Intentional Art/ Arte Intencional 3-4:30pm Alt 2 Su	2 1:30-2:30pm Writing for Wellbeing 3-4pm HVN	3 11:30-1pm Forest Bathing 1:30-2:30pm Zumba 3-4:30pm Peer Gathering Space	4 6:30-8pm Levitate Sound Meditation	5 9:30-11am Valley Qigong at Bushnell Park 12-2pm Storytelling Sage Circle
6	7 Closed in Observance of Labor Day	8 10-11am Phoenix Yoga & Meditation 3-4:30pm Alt2Su 6-7pm Qigong & Sound	9 3-4pm HVN	10 3-4:30pm Peer Gathering Space	11 3-4pm Intentional Writing/ Escritura Intencional	12 9:30-11am Valley Qigong & Tea (Hybrid) 9:30-11am Yoga for 12 Step Recovery 1-2:30pm Nourished Mama
13	14 9:30-10:30am Move! 12:30-1:30 pm Meditation Meets Art 3-4:30pm Caring Connections	15 12-1pm Breathwork 4 Recovery 3-4:30pm Alt2Su	16 1:30-2:30pm Healing Through Poetry 3-4pm HVN	17 10-11am Phoenix Yoga & Meditation 1:30-4:30pm Movie Matinee	18 6:30-8pm Drum Circle	19 9:30-11am Valley Qigong & Tea (Hybrid)
20	21 9:30-10:30am Move! 12:30-1:30pm Crafting Circle 3-4:30pm Caring Connections	22 10-11am Phoenix Yoga & Meditation 3-4:30pm Alt2Su 6-7pm Qigong & Sound	23 1:30-2:30pm Building Connections Through the Pages 3-4pm HVN	24 10-11am Come As You Are Yoga 1-2:30pm Mixed Media Art/ Arte de Técnicas Mixtas 3-4:30pm Peer Gathering Space	25 Closed for Professional Development	26 9:30-11am Valley Qigong & Tea (Hybrid) 12-2pm Makers with Pride
27	28 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring 3-4:30pm Caring Connections	29 3-4:30pm Alt2Su	30 3-4pm HVN			Scan here to register for in person offerings! 