

# April EPI/Youth Groups Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Circle & Gathering Descriptions
28	29	30  <b>No Group</b> <b>Take a Walk and</b> <b>Welcome</b> <b>SPRING!</b>	31	1	<p style="text-align: center;"><b>Peer Support Circle</b> <u>Wednesday, April 6 &amp; 13 (3:30-4:30pm)</u> <u>ONLINE</u> Join our Peer Support Worker Nick, Youth Worker Kayla and members of the CMHA Community to share, discuss and be supported with the experiences and challenges in everyday life.</p> <p style="text-align: center;"><b>Games Gathering</b> <u>Wednesday, April 27 (3:30-4:30pm)</u> <u>ONLINE</u> Join our Peer Support Workers Cat, Nick, Becky and other members of the CMHA Community to connect and play some online games together! Check-out: <a href="http://boardgamearena.com">boardgamearena.com</a></p> <p style="text-align: center;"><b>Wellness Circle</b> <u>Monday, April 4 &amp; 25 (3:30-4:30am)</u> <u>ONLINE</u> Join Youth Worker Tess and Nurse Brooke to explore the wonderful world of Wellness. From Self-care to Yoga and Meditation, Gratitude, Journaling and more!</p> <p style="text-align: center;"><b>Indigenous Peer Support Circle</b> <u>Wednesday, April 20 (3:30-5pm)</u> <u>ONLINE</u> Join Indigenous Worker Holly and other members of the CMHA community to explore and share with your peers with an Indigenous perspective.</p>
4  <b>Wellness Circle</b> 3:30-4:30	5	6  <b>Peer Support Circle</b> 3:30-4:30	7  World Health Day	8  Day of Silence (LGBTQ+)	
11	12  Equal Pay Day	13  <b>Peer Support Circle</b> 3:30-4:30	14  Holy Thursday Mahavir Jayanti	15  <b>OFFICE CLOSED</b>  Good Friday	
18  <b>OFFICE CLOSED</b>  Easter Monday	19  The Festival of Ridvan	20  <b>Indigenous Peer Support Circle</b> 3:30-5:00	21	22  Earth Day	
					<p><b>Special Dates This Month:</b>                      April 2 – World Autism Day                      April 2 – Ramadan (Muslim)                      April 8 – Day of Silence (LGBTQ+)                      April 10 – Ram Navami (Hindu)                      April 12 – Equal Pay Day                      April 14 – Mahavir Jayanti (Jainism)                      April 16 – Passover (Jewish)</p>

All activities are currently online. This will likely change in the future when it is safe to do so. Please speak with your Case Manager for more details, links and any other information regarding learning circles and gatherings. CMHA respectfully requests that you refrain from drug and alcohol use while participating. Dates and times may change without notice.

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<b>25</b>  <b>Wellness Circle</b> 3:30-4:30		<b>27</b>  <b>Games Gathering</b> 3:30-4:30  Yom HaShoah Begins	<b>28</b>  Yom HaShoah Ends Day of Mourning	<b>29</b>	April 17 – Palm Sunday April 19 – The Festival of Ridvan (Ba’Hai) April 22 – Earth Day April 27 & 28– Yom HaSoah (Jewish) April 28 – Day of Mourning (Workplace)
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