

February 2018

Sun Mon Tue Wed Thu Fri Sat

				1 *Weekend Plans *Wellness: The Recovery Game *Chair Yoga	2	3
4	5	6 *Breakfast Club *Games	7	8 *Weekend Plans *Wellness Talk: Healthy Relationships *Walk	9	10
11	12	13 MOVIE DAY *Coffee & Chat *Craft: Valentines!	14	15 *Weekend Plans *Wellness Talk: Handling Negative Thinking *Deep Breathing	16	17
18	19	20 *Coffee & Chat *Craft: Sensory Bottle *Games/Coloring	21	22 *Weekend Plans *WII *Walk	23	24
25	26	27 *Coffee & Chat *Craft: Inspiration Stones *Games/Coloring	28			

Together, Not Alone: Wellness Support

TNA is a wellness-oriented group aiming to provide attendees a safe place to spend time away from home and interact with other members of the community. Whether you want to participate in one of our scheduled activities or do something on your own is up to you—this group is run for peers, BY peers.

Abbe Center Iowa City
1039 Arthur Street
Iowa City, IA 52240

HOURS: 9:30am-12:30pm

Phone: (319)-338-7884 ext. 228