

February - Virtual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Scheduled by Appointment: - Knitwell in the Cloud - Individual Dramatherapy Work - Spiritual Companionship	1 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:00-1:00pm Read with Smith Center 12:30-1:30pm Head & Neck Cancer Support Group 6:00-7:00pm Breast Cancer Support Group 6:00-7:00pm Breast Cancer Caregiver Support Group 6:00-7:15pm Gentle PM Yoga 6:30-7:30pm Healing Circle for Moms with Cancer	2 10:30-11:30am Outside the Lines: Social Hour 1:00-1:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 6:00-7:00pm Loss of a Loved One to Cancer Support Group	3 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing	4 1:00-3:00pm Healing Through Drama (Part 4/4)	5 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español) 10:00-11:00am 2Unstoppable Zumba 10:00-11:30am Writing through the Seasons: Celtic Spring - Welcoming the Light
6 5:00-6:30pm YACS Meet Up & Support Group	7 11:00-11:30am Coming Home to Our Senses Meditation 6:00-7:30pm Cancer Support Group 6:00-7:30pm Caregiver Support Group	8 7:30-8:00am LGBTQIA+ Meditation 12:00-1:00pm Chair Yoga 12:30-1:30pm Prostate Cancer Support Group 6:30-7:45pm Gentle PM Yoga 6:30-8:00pm Survivorship Support Group	9 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 5:15-6:45pm Healing Circle for MBC Thrivers 45+ 6:30-8:00pm Comedy Writing Workshop 7:00-8:00pm Qigong	10 10:15-11:30am Gentle AM Yoga 1:00-2:30pm Tiny Stories 1:00-3:00pm Energy Balancing 6:00-8:00pm Healing Circle for Young Adults with MBC	11 11:00am-12:30pm Radical Writing Space 1:00-3:00pm Stages of Healing: Therapeutic Play-Making (Part 1/4)	12 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)
13 1:00-3:00pm The Wellspring of Kapha: An Ayurveda-Inspired Cooking Class	14 10:00-11:00am House Calls with Kiersten	15 7:30-8:00am LGBTQIA+ Meditation 11:00am-12:30pm Ethical Will Writing Workshop (Part 1/3) 12:00-1:00pm Chair Yoga 12:30-1:30pm Multiple Myeloma Support Group 6:00-7:00pm Breast Cancer Support Group 6:00-7:00pm Breast Cancer Caregiver Support Group 6:30-7:45pm Gentle PM Yoga 8:00-8:30pm Healing Circle for Moms with Cancer	16 10:30am-12:00pm Outside the Lines: 1:00-1:30pm Meditation & Mindfulness 3:00-4:30pm Knitting on the Couch 4:45-5:30pm Yoga Nidra 6:00-7:30pm EMPATHY: Love, Compassion and Our Lives! 6:00-8:00pm Hot Topics for YACS: Let's Talk About Sex AND Pleasure	17 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 6:00-7:00pm YACS Supper Club: Mardi Gras 6:00-7:00pm 2Unstoppable Barre	18 1:00-3:00pm Stages of Healing: Therapeutic Play-Making (Part 2/4)	19 10:00-11:30am Stitched Together 1:30-3:00pm Yoga4Cancer
20 10:00-11:00am 2Unstoppable Pilates 5:00-6:30pm Exploring Improvisation for YACS	21 6:00-7:30pm Caregiver Support Group	22 7:30-8:00am LGBTQIA+ Meditation 11:00-12:30pm Ethical Will Writing Workshop (Part 2/3) 12:00-1:00pm Chair Yoga 6:30-7:45pm Gentle PM Yoga	23 10:30am-12:00pm Writing Outside the Lines 3:00-4:30pm Knitting on the Couch 6:00-7:00pm LGBTQ+ Cancer Support Group 6:00-7:15pm Facilitator Appreciation Event 7:00-8:00pm Qigong	24 10:15-11:30am Gentle AM Yoga 1:00-3:00pm Energy Balancing 7:00-8:30pm A Healing Circle: Gay Men with Prostate Cancer	25 1:00-3:00pm Stages of Healing: Therapeutic Play-Making (Part 3/4)	26 9:00am-12:00pm Nueva Vida Grupo de Apoyo (en Español)
27	28 6:00-7:30pm 25th Anniversary Conversation Series: AIR 6:00-7:30pm Cancer Support Group 6:00-7:30pm Loss of a Parent to Cancer Support Group					