





		Tuesday	Thursday		
<p>Tuesday: Life and Parenting</p> <p>Making Healthy Lifestyle Changes</p> <p>Get support with:</p> <ul style="list-style-type: none"> • Parenting • Self-care • Well-being 	3	 <p>Game Some & Eat Some 12:00pm-2:00pm</p>	5	<p>Mother's Voices Presentation 12:00pm-2:00pm Guest Speaker</p>	<div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #4a90e2; color: white; text-align: center; font-weight: bold; font-size: 1.2em;">LUNCH PROVIDED</div> <p>Thursday: Making Changes</p> <p>Make and Maintain Changes to Your Use</p> <p>Including support for:</p> <ul style="list-style-type: none"> • Relapse Prevention • Life skills • Parenting
	10	<p>Women Helping Women 12:00pm-2:00pm</p> 	12	<p>Beyond Needs: Harm Reduction is Love 12:00pm-2:00pm ELEVATE NWO</p>	
	17	<p>Healthy Relationships & Self Care 12:00pm-2:00pm Guest Speaker</p>	19	<p>Cooking with Good Food Box ** Arrive by 12:00pm**</p> 	
	24	<p>Sacred Medicine Teachings 12:00pm-2:00pm ONWA</p>	26	 <p>All About Me 12:00pm-2:00pm</p>	
<div style="border: 2px solid black; border-radius: 15px; padding: 10px; background-color: #4a90e2; color: white; text-align: center; font-weight: bold; font-size: 1.2em;">CHILD MINDING IS AVAILABLE!</div>				<p>Contact Information:</p> <p>Christina: 683-4705 or 630-3182 Carol Lee: 683-4706 Raii: 684-1891</p>	



Things to know before you come:

- We welcome moms with children (6 years old & under) and moms-to-be at all stages of their recovery.
- This is a women's only site.
- When you arrive at Hope place, the inside door will be locked for safety. Please ring the door bell and one of our staff will let you in.
- Confidentiality of all women is of the utmost importance. Information that is shared during Hope Place time is to remain confidential.
- To keep us all healthy, if your child is not feeling well, we ask that they be kept at home. Please keep children who have head lice, scabies, eye infections, or bed bugs at home as well.