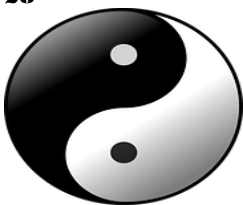


Community Support September 2026 Calendar

MONDAY	TUESDAY LifeSkills Group 12:45 - 4:45 pm	Wednesday	THURSDAY Social/Recreation 1:15 - 5:45	FRIDAY	Program Info
	1 Nutrition: Meal Planning/Canadas Food Guide	2	3 Disc Golf: Pack a picnic and prepare to be outdoors <i>**Group ends early - Pick up at 4:45 **</i>	4 	RSVP 250-512- 9224 Tuesday LifeSkills Group 3:45 - 8:15 Meet at Youth Centre
7 Closed	8 National Preparedness Month Living Alone Safely - Fire <i>How to create your escape plan</i>	9	10 No Group Today (Its tomorrow) Self Advocacy Group Meets @4pm in TAAC Gym	11 Smokie Palooza 4 - 10:15 Tickets: \$27 Food/Beverage \$25+	Thursday Social & Rec 1:45 - 5:15 Meet at TAAC GYM
14 	15 Communication Skills: OFL: Staying Connected on Social Media Dating: Relationships, Dating and Intimacy Part 1	16 Art Attack: String ART Group Art Project <i>(bring your dinner)</i> 1:15 - 4:45	17 Moved to Wed	18	Unless otherwise stated <u>RSVP Deadline for next weeks' events</u> <u>Every Friday</u>
21 	22 Mental Health: What is Mental Health? OFL Looking after Mental Healthy Part 1 & 2	23	24 Group moved to Sat	25 Saturday Sept 26, 2026 Beach Boys Tribute @Charles Bailey 5:15 - 10pm Dinner @ Tail Out Cost \$Dinner	250-512-9224 Community Support
28 	29 Mental Health Con'td Looking After Mental Health Part 3 & 4	30 Closed			