

JANUA JANUAR SELLNESS CALENDAR

2025

3.

monpay

8AM-4PM

TUESPAY

webnesbay

W

THURSDAY

VCWC

FRIDAY

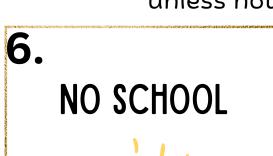
THIS MONTH'S THEME

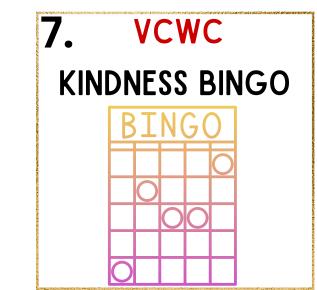
Kindness and Self-care





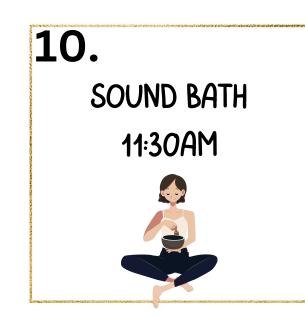
*All activities take place during lunch unless noted otherwise.

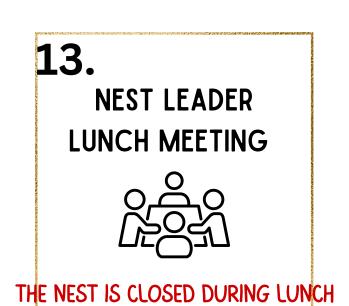


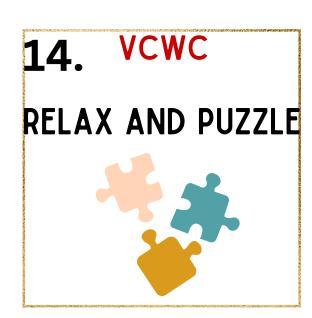




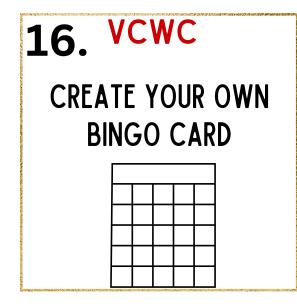






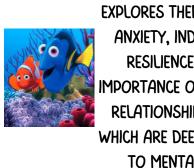






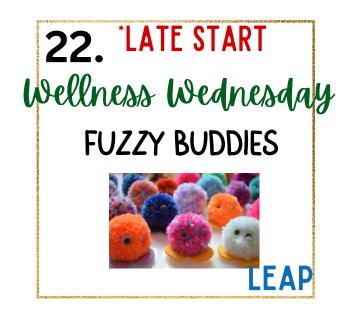


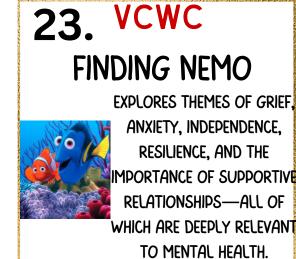




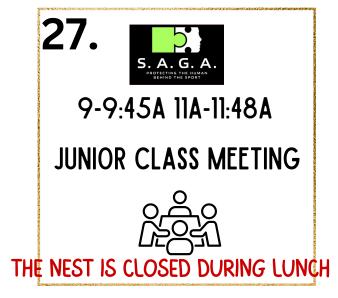
EXPLORES THEMES OF GRIEF,
ANXIETY, INDEPENDENCE,
RESILIENCE, AND THE
IMPORTANCE OF SUPPORTIVE
RELATIONSHIPS—ALL OF
WHICH ARE DEEPLY RELEVANT
TO MENTAL HEALTH.

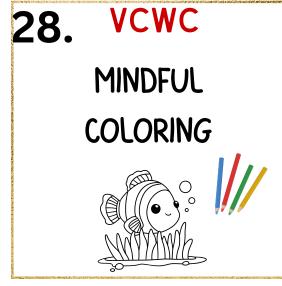
















NEXT STEPS GROUP



#Great Kindness Challenge