



November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>5</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>6</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Register</p>	<p>7</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p>	<p>8</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>11</p> <p>Veteran's Day</p>	<p>12</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>13</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Register</p>	<p>14</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p>	<p>15</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>18</p> <p>Monday Meditation (12-12:15pm) Marilyn McKee, PH.D. Click to Join</p>	<p>19</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>20</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Register</p>	<p>21</p> <p>Taking Care of Mind and Body (11-11:30am) Daniel Johnson, LMHC Click to Join</p>	<p>22</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>
<p>25</p> <p>Monday Meditation (12-12:15pm) Danielle Johnson, LMHC Click to Join</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW Click to Join</p>	<p>26</p> <p>Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm) Click to Register</p>	<p>27</p> <p>Breath/Body/Mind Practices Spanish (8pm) Click to Register</p>	<p>28</p> <p>Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D. Click to Join</p>	<p>29</p> <p>Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC Click to Join</p>



November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please use these QR codes to sign on to webinars</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Monday, Thursday & Friday</p> </div> <div style="text-align: center;">  <p>Tuesday (English)</p> </div> <div style="text-align: center;">  <p>Wednesday (Spanish)</p> </div> </div>				
<p>4 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>	<p>5 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>6 Breath/Body/Mind Practices Spanish (8pm)</p>	<p>7 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p>	<p>8 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>11 Veteran's Day</p>	<p>12 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>13 Breath/Body/Mind Practices Spanish (8pm)</p>	<p>14 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p>	<p>15 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>18 Monday Meditation (12-12:15pm) Marilyn McKee, PH.D.</p>	<p>19 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>20 Breath/Body/Mind Practices Spanish (8pm)</p>	<p>21 Taking Care of Mind and Body (11-11:30am) Daniel Johnson, LMHC</p>	<p>22 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>
<p>25 Monday Meditation (12-12:15pm) Danielle Johnson, LMHC</p> <p>Mindful Monday (2-2:30pm) Rana Meehan, LMHC, MPA Carrie Wong, LMSW</p>	<p>26 Breath/Body/Mind Practices (6-6:30am) (12-12:30pm) (8-8:45pm)</p>	<p>27 Breath/Body/Mind Practices Spanish (8pm)</p>	<p>28 Taking Care of Mind and Body (11-11:30am) Marilyn McKee, PH.D.</p>	<p>29 Tending to Self (12-12:30pm) Kate Provencher, MA, LMHC</p>