



June 2018 Wellness Academy Calendar

Revised 6/5/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
					1 Anger Management 3* 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	2	<p><i>Participants must have an orientation with a staff member before attending any of the Core classes.</i></p> <p><i>Participants must begin Wellness Academy classes (all morning classes or any evening class) with either Session 1 or Session 2. WRAP must begin with Session 1.</i></p> <p>* (asterisk) means that the class is closed. ^ (caret) means online registration is required and there is a fee for the class.</p> <p><u>Number of Sessions for each Core class:</u> Principles - 6 Concepts - 6 WMR - 6 Anger Mgmt - 9 Systems - 6 WRAP - 10</p> <p><u>Next start date for each Core class:</u> Principles - 7/16/18; 8/27/18 Concepts - 8/7/2018; 9/18/18 WMR - 8/2/2018; 9/13/18 Anger Mgmt - 7/20/2018; 9/21/18 WRAP - 7/11/2018; 10/3/18 Systems - TBD</p> <p>WA 2nd Quarterly Graduation Thursday, June 28</p> <p>Upcoming Fee-based Trainings QPR Suicide Prevention - 9/19/18 register @ www.mhag.org - \$25</p>
3	4 Principles 1 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	5 Concepts 4* 10:00 - 11:30 AM No PM Class	6 WRAP 10* 10:00 AM - 12:00 PM Book Club 2:30 - 4:00 PM	7 WMR 5* 10:00 - 11:30 AM	8 Anger Management 4* 10:00 - 11:30 AM Art 12:30 - 2:00 PM	9	
10	11 Principles 2 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	12 Concepts 5* 10:00 - 11:30 AM Down the Rabbit Hole 5 1:00 - 2:30 PM	13 NO CLASSES	14 WMR 6* 10:00 - 11:30 AM	15 Anger Management 5* 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	16	
17	18 Principles 3* 10:00-11:30 Meditation 1:00 - 2:30	19 Concepts 6* 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	20 Container Gardening Workshop 1:00 - 2:30 PM Book Club 2:30 - 4:00 PM	21 WMR 1 10:00 - 11:30 AM	22 Anger Management 6* 10:00 - 11:30 AM Art 12:30 - 2:00 PM	23	
24	25 Principles 4* 10:00-11:30 Meditation 1:00 - 2:30	26 Concepts 1 10:00 - 11:30 AM Down the Rabbit Hole 6 1:00 - 2:30 PM	27 NO CLASSES	28 WMR 3 10:00 - 11:30 AM Graduation 12:00 - 1:00 pm	29 Anger Management 7* 10:00 - 11:30 AM Creative Writing 12:30 - 2:00 PM	30	