

MHA Virtual & In-Person Youth Programs

Virtual groups held via Zoom*
In-person groups on pause for safety

May 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Peer Café 4:30pm	6	7
8	9	10	11	12 Peer Café 4:30pm	13	14
15	16	17	18	19 Peer Café 4:30pm	20	21
22	23	24	25	26 Peer Café 4:30pm	27	28 All groups 11am
29	30	31				



Mental Health and wellness focused groups:
Junior Warr;ors ages 8-13
Warr;ors ages 14-17
Peer Café ages 18-26

LGBTQ+ focused groups:
SPECTRUM ages 13-18
SAGE ages 19 & up

For more information and/or group access codes please contact:

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