

# MHA Virtual & In-Person Youth Programs

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

## August 2022

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