

MARCH 2021

800 East Broadway (at Prince Albert Street), Vancouver, Unceded Coast Salish Territories, V5T 1Y1

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9	Wellness Workshop: Coping with Tough Thoughts Part 1. 4-5 p.m. Online. Contact Dianne for link.	10	Tupper Welcome Club 2-3 p.m. Online. Tupper Students only.	11	RISE Workshop 4-5:30 p.m. Online. Contact Iman for link.	12	The Spot! Hang out with us! 4-5:30 p.m. Online. Contact Manny for link.
16	Wellness Workshop: Coping with Tough Thoughts Part 2. 4-5 p.m. Online. Contact Dianne for link.	17	Spring Break! 1-4 p.m. In Person. Contact Manny to register.	18	RISE Workshop 4-5:30 p.m. Online. Contact Iman for link.	19	Spring Break! 1-4 p.m. In Person. Contact Manny to register.
23	Wellness Workshop: Managing Stress 4-5 p.m. Online. Contact Dianne for link.	24	Spring Break! 1-4 p.m. In Person. Contact Manny to register.	25	RISE Workshop 4-5:30 p.m. Online. Contact Iman for link.	26	Spring Break! 1-4 p.m. In Person. Contact Manny to register.

To register or for more information, please contact:

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