



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
	HARM REDUCTION OOT HANOVER	SLEEP 101	OVERCOMING STIGMA AFTERNOON CHAT	PERFECTIONISM W.R.A.P.	OOT WIARTON	
5	6	7	8	9	10	11
	HARM REDUCTION	SLEEP 101	OVERCOMING STIGMA AFTERNOON CHAT	PERFECTIONISM W.R.A.P.	OOT WIARTON	
12	13	14	15	16	17	18
	MARCH BREAK	DISTRESS TOLERANCE	AFTERNOON CHAT	DISTRESS TOLERANCE	MARCH BREAK	
19	20	21	22	23	24	25
	HARM REDUCTION OOT HANOVER	SLEEP 101	OVERCOMING STIGMA AFTERNOON CHAT	PERFECTIONISM EXIT DAY CLASS CELEBRATION	OOT WIARTON	
26	27	28	29	30	31	1
	OFF	OFF	AFTERNOON CHAT	OFF	OFF	WATCH FOR EMAILS ABOUT APRIL SEMEMSTER!

AM CLASS – 10:00 AM – 12:00 PM

PM CLASS – 1:30 PM – 3:30 PM