

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:00am Check-In 10:00am Veterans Group 11:00am Anxiety Support 12:00pm Duel Recovery 1:00pm Movie Time 3:00pm Check Out Group	
3	4	5	6	7	8	9
	10:00am Check-In 10:30am Mindfulness 12:00pm Mentor Mix 1:30pm Life Skills 3:00pm Check Out Group  <b>It's My Life</b>	10:00am Check-In 10:30am Medication Management 12:00pm Mental Wellness 1:00pm Dr. Goodman 2:00pm Games 3:00pm Check Out Group	10:00am Check-In 10:30am Men/Women Group 12:00pm Lunch 12:00pm Schizophrenia Alliance 1:30pm Walking Group 3:00pm Check Out Group	10:00am Check-In 10:30am Music Processing Group 12:00pm Coping with Anger 1:00pm Dr. Goodman 3:00pm Check Out Group	10:00am Check-In 10:00am Veterans Group 11:00am Anxiety Support 12:00pm Duel Recovery 1:00pm Movie Time 3:00pm Check Out Group	
10	11	12	13	14	15	16
	10:00am Check-In 10:30am Mindfulness 12:00pm Mentor Mix 1:30pm Life Skills 3:00pm Check Out Group  <b>It's My Life</b>	10:00am Check-In 10:30am Medication Management 12:00pm Mental Wellness 1:00pm Dr. Goodman 2:00pm Games 3:00pm Check Out Group	10:00am Check-In 10:30am Men/Women Group 12:00pm Lunch 12:00pm Schizophrenia Alliance 1:30pm Walking Group 3:00pm Check Out Group	10:00am Check-In 10:30am Music Processing Group 12:00pm Coping with Anger 1:00pm Dr. Goodman 3:00pm Check Out Group	10:00am Check-In 10:00am Veterans Group 11:00am Anxiety Support 12:00pm Duel Recovery 1:00pm Movie Time 3:00pm Check Out Group	
17	18	19	20	21	22	23
	10:00am Check-In 10:30am Mindfulness 12:00pm Mentor Mix 1:30pm Life Skills 3:00pm Check Out Group  <b>It's My Life</b>	10:00am Check-In 10:30am Medication Management 12:00pm Mental Wellness 1:00pm Dr. Goodman 2:00pm Games 3:00pm Check Out Group	10:00am Check-In 10:30am Men/Women Group 12:00pm Lunch 12:00pm Schizophrenia Alliance 1:30pm Walking Group 3:00pm Check Out Group	10:00am Check-In 10:30am Music Processing Group 12:00pm Coping with Anger 1:00pm Dr. Goodman 3:00pm Check Out Group	10:00am Check-In 10:00am Veterans Group 11:00am Anxiety Support 12:00pm Duel Recovery 1:00pm Movie Time 3:00pm Check Out Group	
24/31	25	26	27	28	29	30
	10:00am Check-In 10:30am Mindfulness 12:00pm Mentor Mix 1:30pm Life Skills 3:00pm Check Out Group  <b>It's My Life</b>	10:00am Check-In 10:30am Mentor Group 12:00pm Mental Wellness 1:00pm Dr. Goodman 2:00pm Games 3:00pm Check Out Group	10:00am Check-In <b>ALL PEER PLACE MEETING</b> 10:30am Men/Women Group 12:00pm Lunch 12:00pm Schizophrenia Alliance 1:30pm Walking Group 3:00pm Check Out Group	10:00am Check-In 10:30am Music Processing Group 12:00pm Coping with Anger 1:00pm Dr. Goodman 3:00pm Check Out Group	10:00am Check-In 10:00am Veterans Group 11:00am Anxiety Support 12:00pm Duel Recovery 1:00pm Movie Time 3:00pm Check Out Group  <b>Field Trip</b>	

# 2019



**MHA**  
Mental Health Association  
of Palm Beach County, Inc.  
**It's Okay to Get Help!**

**It's Okay to Get Help!**

**Peer Place Community Support Center**  
909 Fern Street  
West Palm Beach, FL 33401  
Phone: (561) 712-0584  
M-F 8:30am-4:00pm  
[www.mhapbc.org](http://www.mhapbc.org)

If you are looking for mental health resources, please call  
**(561) 801-HELP(4357)**

**Field Trip 3/29/19**  
  
**ALL PEER PLACE MEETING**  
**3/27/2019**