

THREE RIVERS THERAPY PEER HUB

JANUARY CALENDAR

We would like to inform you that our Auburn Peer Hub location has closed, and the last day of operation at this site was November 15th. However, we are pleased to continue supporting you at our other Peer Hub, located at 10505 W. Clearwater, Building C, on our main campus.

The hours of operation for this location are Monday - Friday: 9:00 AM - 4:00 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NEW YEARS CLOSED	2	3 INTRODUCTION TO WRAP 11:00AM – 12:00PM
6	7 RESUME BUILDING 2:00PM – 3:00PM	8	9 INTERVIEW SKILLS 2:00 PM – 3:00 PM	10 INTRODUCTION TO WRAP 2:00PM – 3:00PM
13 DON'T BE A "BUTT- HEAD" 11:00AM – 12:00PM	14	15 PERSPECTIVE VS. PERCEPTION 11:00AM – 12:00PM	16	17 INTRODUCTION TO WRAP 11:00AM – 12:00PM
20	21 ORIGAMI & PAPER FOLDING 2:00PM – 3:00PM	22	23 ACCEPTANCE VS. APPROVAL 2:00PM – 3:00PM	24 INTRODUCTION TO WRAP 2:00 PM – 3:00 PM
27 S.M.A.R.T GOALS 11:00AM – 12:00PM	28	29	30 BUDGETING 11:00AM – 12:00PM	31 INTRODUCTION TO WRAP 11:00AM – 12:00PM

Our Peer Hub works to remove the barriers or limitations that individuals often experience due to mental health distress or disorders. Our calendar of workshops is open to any of our members or Three Rivers Therapy clients. If you have questions, please call **509-378-5553**.

To stay connected with us and see the additional things going on at Three Rivers Therapy and in our Peer Hubs follow us on Facebook! We look forward to seeing you this month!