



# Alaska Mental Health Consumer Web January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
<b>Mon—Fri...8:30a-4:45p</b> <i>Friday -Closed 12:00 -2:00</i>  <b>Sat.....10:00a—3:45p</b> <b>Sunday---Closed</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Women's Group</b> <b>Employment Services</b>	<b>Peer-to-Peer</b> 8:30 & 11:45 & 2:15  <b>Computer Lab</b> <b>Food Boxes</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Mind*Body* Spirit</b> <b>Computer Lab</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Peer Support</b>	<b>New Year's Day</b> <b>Group 1--10:00 AM</b> 10 People <b>Group 2 --1:00 PM</b> 10 People	<b>Peer-to-Peer</b> 10:15 & 1:15 11:00 AM <b>WRAP Group</b> <b>Computer Lab</b>
3	4	5	6	7	8	9
<b>Monday –Thursday</b> <b>Group 1 Sign in 8:30</b> <b>Group 2 Sign in 11:30</b> <b>Group 3 Sign in 2:00</b> <b>Limit of 10 people</b> <b>in each group</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Women's Group</b> <b>Employment Services</b>	<b>Peer-to-Peer</b> 8:30 & 11:45 & 2:15  <b>Computer Lab</b> <b>Food Boxes</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Mind*Body* Spirit</b> <b>Computer Lab</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Peer Support</b>	<b>Peer-to-Peer</b> 8:45 <b>No Afternoon Group</b>  <b>WEB closed 12-5</b>	<b>Peer-to-Peer</b> 10:15 & 1:15 11:00 AM <b>WRAP Group</b> <b>Computer Lab</b>
10	11	12	13	14	15	16
<b>Friday</b> <b>Group 1-- 8:30</b> <b>No Afternoon Group</b> <b>Saturday</b> <b>Group 1—10:00</b> <b>Group 2—1:00</b> <b>Limit of 10 people</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Women's Group</b> <b>Employment Services</b>	<b>Peer-to-Peer</b> 8:30 & 11:45 & 2:15  <b>Computer Lab</b> <b>Food Boxes</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Mind*Body* Spirit</b> <b>Computer Lab</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Peer Support</b>	<b>Peer-to-Peer</b> 8:45 <b>No Afternoon Group</b>  <b>WEB closed 12-5</b>	<b>Open 10:00a~3:45p</b>  <b>Volunteer Day</b> <b>Volunteers Only</b>
17	18	19	20	21	22	23
<b>Monday –Thursday</b> <b>Group 1 Sign in 8:30</b> <b>Group 2 Sign in 11:30</b> <b>Group 3 Sign in 2:00</b> <b>Limit of 10 people</b> <b>in each group</b>	<b>Martin Luther King Day</b> <b>Group 1--10:00 AM</b> <b>Group 2 --1:00 PM</b> <b>10 People each Group</b>	<b>Peer-to-Peer</b> 8:30 & 11:45 & 2:15  <b>Computer Lab</b> <b>Food Boxes</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Mind*Body* Spirit</b> <b>Computer Lab</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Peer Support</b>	<b>Peer-to-Peer</b> 8:45 <b>No Afternoon Group</b>  <b>WEB closed 12-5</b>	<b>Peer-to-Peer</b> 10:15 & 1:15 11:00 AM <b>WRAP Group</b> <b>Computer Lab</b>
24	25	26	27	28	29	30
<b>Friday</b> <b>Group 1-- 8:30</b> <b>No Afternoon Group</b> <b>Saturday</b> <b>Group 1—10:00</b> <b>Group 2—1:00</b> <b>Limit of 10 people</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Women's Group</b> <b>Employment Services</b>	<b>Peer-to-Peer</b> 8:30 & 11:45 & 2:15  <b>Computer Lab</b> <b>Food Boxes</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Mind*Body* Spirit</b> <b>Computer Lab</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Peer Support</b>	<b>Peer-to-Peer</b> 8:45 <b>No Afternoon Group</b>  <b>WEB closed 12-5</b>	<b>Peer-to-Peer</b> 10:15 & 1:15 11:00 AM <b>WRAP Group</b> <b>Computer Lab</b>
31	1	2	3	4	5	6
<b>Monday –Thursday</b> <b>Group 1 Sign in 8:30</b> <b>Group 2 Sign in 11:30</b> <b>Group 3 Sign in 2:00</b> <b>Limit of 10 people</b> <b>in each group</b>						