



Alaska Mental Health Consumer Web January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 WEB Hours Mon—Fri... 8:30a-4:45p Friday only-Closed 12:00 - 2:00p & 4:00 PM Sat..... 10:00a—3:45p Sunday---Closed	27 Peer-to-Peer 10:00 AM 12:00 Women's Group Employment Services	28 Peer-to-Peer 10:00 AM 12:00 Peer Check-In Food Boxes	29 Peer-to-Peer 10:00 AM 12:00 Mind*Body* Spirit Spanish AA 8-9 PM	30 Peer-to-Peer 10:00 AM 12:00 Group Peer Support Food Boxes	31 10a Peer-to-Peer 10:30 Art Workshop 12:00—2:00 WEB Closed for Staff Meeting WEB closes @ 4:00	1 New Year's Day Happy 2022
2 WEB Hours Mon—Fri... 8:30a-4:45p Friday only-Closed 12:00 - 2:00p & 4:00 PM Sat..... 10:00a—3:45p Sunday---Closed	3 Peer-to-Peer 10:00 AM 12:00 Women's Group Employment Services	4 Peer-to-Peer 10:00 AM 12:00 Peer Check-In Food Boxes	5 Peer-to-Peer 10:00 AM 12:00 Mind*Body* Spirit Spanish AA 8-9 PM	6 Peer-to-Peer 10:00 AM 12:00 Group Peer Support Food Boxes	7 10a Peer-to-Peer 10:30 Art Workshop 12:00—2:00 WEB Closed for Staff Meeting WEB closes @ 4:00	8 Open 10:00a~3:45p 11a Peer-to-Peer 12:00 WRAP Group
9 WEB Hours Mon—Fri... 8:30a-4:45p Friday only-Closed 12:00 - 2:00p & 4:00 PM Sat..... 10:00a—3:45p Sunday---Closed	10 Peer-to-Peer 10:00 AM 12:00 Women's Group Employment Services	11 Peer-to-Peer 10:00 AM 12:00 Peer Check-In Food Boxes	12 Peer-to-Peer 10:00 AM 12:00 Mind*Body* Spirit Spanish AA 8-9 PM	13 Peer-to-Peer 10:00 AM 12:00 Group Peer Support Food Boxes	14 10a Peer-to-Peer 10:30 Art Workshop 12:00—2:00 WEB Closed for Staff Meeting WEB closes @ 4:00	15 Open 10:00a~3:45p Volunteer Day Volunteers Only
16 WEB Hours Mon—Fri... 8:30a-4:45p Friday only-Closed 12:00 - 2:00p & 4:00 PM Sat..... 10:00a—3:45p Sunday---Closed	17 Martin Luther King Day Holiday Hours 10:00---4:00	18 Peer-to-Peer 10:00 AM 12:00 Peer Check-In Food Boxes	19 Peer-to-Peer 10:00 AM 12:00 Mind*Body* Spirit Spanish AA 8-9 PM	20 Peer-to-Peer 10:00 AM 12:00 Group Peer Support Food Boxes	21 10a Peer-to-Peer 10:30 Art Workshop 12:00—2:00 WEB Closed for Staff Meeting WEB closes @ 4:00	22 Open 10:00a~3:45p 11a Peer-to-Peer 12:00 WRAP Group
23 WEB Hours Mon—Fri... 8:30a-4:45p Friday only-Closed 12:00 - 2:00p & 4:00 PM Sat..... 10:00a—3:45p Sunday---Closed Spanish AA 8-9 PM	24 Peer-to-Peer 10:00 AM 12:00 Women's Group Employment Services	25 Peer-to-Peer 10:00 AM 12:00 Peer Check-In Food Boxes	26 Peer-to-Peer 10:00 AM 12:00 Mind*Body* Spirit Spanish AA 8-9 PM	27 Peer-to-Peer 10:00 AM 12:00 Group Peer Support Food Boxes	28 10a Peer-to-Peer 10:30 Art Workshop 12:00—2:00 WEB Closed for Staff Meeting WEB closes @ 4:00	29 Open 10:00a~3:45p 11a Peer-to-Peer 12:00 WRAP Group
30 WEB Hours Mon—Fri... 8:30a-4:45p Friday only-Closed 12:00 - 2:00p & 4:00 PM Sat..... 10:00a—3:45p Sunday---Closed Spanish AA 8-9 PM	31 Peer-to-Peer 10:00 AM 12:00 Women's Group Employment Services	1 Happy New Year	2 PROSPERITY GROWTH POSITIVE MINDSET RESILIENCE ADAPTABILITY GRATITUDE COURAGE DIVERSITY EMPOWERMENT GROWTH POSITIVE MINDSET RESILIENCE ADAPTABILITY GRATITUDE COURAGE DIVERSITY EMPOWERMENT	3 	4 	5