



# Alaska Mental Health Consumer Web November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<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>Spanish Peer Support</b>	<b>Peer-to-Peer</b> 8:45 & 2:15 <b>12:00—2:00</b> <b>WEB closed</b> <b>for Staff Meeting</b>	<b>Peer-to-Peer</b> 10:15 & 1:15 11:00 AM <b>WRAP Group</b> <b>Computer Lab</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<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>Veterans Day</b> <b>Holiday Hours 10-4</b> <b>Group 1--10:00 AM</b> <b>10 People</b> <b>Group 2 --1:00 PM</b> <b>10 People</b>	<b>Peer-to-Peer</b> 8:45 & 11:45 & 2:15 12:00 <b>Spanish Peer Support</b>	<b>Peer-to-Peer</b> 8:45 & 2:15 <b>12:00—2:00</b> <b>WEB closed</b> <b>for Staff Meeting</b>	<b>Peer-to-Peer</b> 10:15 & 1:15 11:00 AM <b>WRAP Group</b> <b>Computer Lab</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Friday</b> <b>Group 1-- 8:30</b> <b>Group 2 -- 2:00</b> <b>Saturday</b> <b>Group 1—10:00</b> <b>Group 2—1:00</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>Spanish Peer Support</b>	<b>Peer-to-Peer</b> 8:45 & 2:15 <b>12:00—2:00</b> <b>WEB closed</b> <b>for Staff Meeting</b>	<b>Open 10:00a~3:45p</b>  <b>Volunteer Day</b> <b>Volunteers Only</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<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>CLOSED</b>  <b>Thanksgiving Day</b>  <b>CLOSED</b>	<b>Peer-to-Peer</b> 8:45 & 2:15 <b>12:00—2:00</b> <b>WEB closed</b> <b>for Staff Meeting</b>	<b>Peer-to-Peer</b> 10:15 & 1:15 11:00 AM <b>WRAP Group</b> <b>Computer Lab</b>
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Friday</b> <b>Group 1-- 8:30</b> <b>Group 2 -- 2:00</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>					

Address: 1248 Gambell St. Anchorage, Alaska 99501 facebook: [www.facebook.com/AlaskaMentalHealthConsumerWeb](https://www.facebook.com/AlaskaMentalHealthConsumerWeb)

Website: [www.TheWeb.ngo](http://www.TheWeb.ngo) Front desk: 907-222-2980 ---- Guest phone: 907-222-7683 ---- Fax: 907-222-2981