

# NOVEMBER 2022

## WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Body Image & Balance meeting– virtual, 7pm, contact- btrendler@mhanj.org	2 Cooking Matters for Kids, 5pm, EHT Library	3 Rising Minds– Young Adult Support Group, 6pm, contact btrendler@mhanj.org for zoom link	4 “Lightbulb” online group, 3pm, contact kwilliams@mhanj.org for link	5 Labor & Literacy, 11am, Atlantic County Free Public Library
6 Meditation Online, 7pm, Contact kwilliams@mhanj.org for zoom link	7 In-Motion meditation– 530-530- Lower Township Library	8 	9 Dealing with Depression Support Group, 7pm, Contact unitedbywellness@mhanj.org	10 Al-Anon Meeting, 11 am, Lower Township Library	11 English to the second language, Tennessee Ave Library, Contact mmc-geary@acfpl.org	12 Lego Club– Mays Landing Library, 11am
13 How To Save And Fix Your Relationship/Marriage (FREE) Atlantic City, 6pm, <a href="https://us02web.zoom.us/j/8547870302">https://us02web.zoom.us/j/8547870302</a>	14 SJG/ACE Energy Assistance & Resource Day, 12-2pm , Inland Family Success Center , 3050 Spruce Ave	15 Women of Color discussion group, 5pm, contact kreynolds@mhanj.org	16 City of Atlantic City Community Engagement Session, 2-5pm, Atlantic Cape Community College	17 Read to Riley– Therapy dog, 6-7pm, Avalon Library	18 Financial Literacy, 2-3pm, contact marielac@cmclibrary.org for link	19 Intro to Robotics, 10-12pm, ages 8-14, New Day Family Success Center, 622 New York Road, Galloway
20 Meditation online-virtual kwilliams@mhanj.org for zoom link	21 Family Paint Night– Inland Family Success Center, call for details. 1:30pm	22 Furry Buddies, 6pm, Galloway Library, Read with pets	23 Community Chat, New Day Family success center, 1pm	24 	25 Open Skate at Youngs Skate Center, 7:30pm-10pm	26 Teen Board games & Pizza, EHT Library, 2-5pm
27 All Recovery– 7pm, Cape Regional Medical Center	28 Employment Assistance One-Stop with Atlantic County 12pm-3pm– New Day	29 STEM Pick-up Packet, 4pm, Hammonton Family Center	30 Soup Kitchen– Hammonton Family Success Center, 4pm			