

February 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Service 10:30AM 	2	3 Mental Health Wellness 1 PM – 3 PM Week 5 Emotion Regulation	4 Chicken Pot Pie w/ Garden Salad 11AM – 2PM Warm Hearts Air Balloon 	5 Women's Group Fill Your Cup 1PM – 3PM Valentines Day Activity 	6 Creative playdates 1PM – 3PM Watercolor Heart Cards 	7 Crispy Chicken Wraps w/ French Fries 11AM – 2PM 
8	9	10 Mental Health Wellness 1 PM – 3 PM Understanding Emotions	11 Spaghetti & Meatballs w/ Garlic Bread 11AM-2PM Kindness Cards 	12 Z hggdw#Vrfldd# Gd 44DP 04SP P hqwd#Khddw## 	13 Creative playdates 1PM – 3PM Button Tree Canvas Art 	14 Winterarma Penetang 10AM – 3PM Bag Lunch Provided \$3 
15 Service 10:30AM 	16	17 Mental Health Wellness 1 PM – 3 PM Gentle Coping Skills for low Energy	18 Baked Chicken Thighs & Rice 11AM – 2PM Coping Strategies Fortune Teller 	19 Women's Group Fill Your Cup 1PM – 3PM Mental Health Jeopardy 	20 Creative playdates 1PM – 3PM Watercolor Calm 	21 French Toast & Fruit 11AM – 2PM 
22	23	24 Mental Health Wellness 1 PM – 3 PM Boundaries Without Guilt	25 Hearty Chili w/ Caesar Salad 11AM – 2PM February Hearts – Feelings in Colour 	26 Z hggdw#Vrfldd# Gd 44DP 04SP Erduug#dp h#Gd # 	27 Creative playdates 1PM – 3PM "What I'm Carrying Forward" – Mixed Media Art 	28 Baked Mac & Cheese w/ Caesar Salad 11AM – 2PM 



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