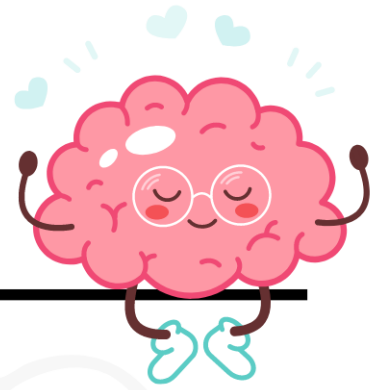


BICSV SUPPORT GROUP



Virtual and In-Person Meetings
First and Third Thursday of Month at 1:00PM

JANUARY	5TH: ZOOM: GUEST SPEAKER: JOHN NORMENT 19TH: IN-PERSON: OFFICE: HOLIDAY PARTY
FEBRUARY	2ND: ZOOM: FINGERHOLD PRACTICE FOR MANAGING EMOTIONS 16TH: IN-PERSON: OFFICE: MUSIC THERAPY
MARCH	2ND: ZOOM: SYMPATHIES OR SOLUTIONS: ACTIVE LISTENING 16TH: IN-PERSON: OFFICE: LAVENDER PLAY DOUGH
APRIL	6TH: ZOOM: EMOTIONAL FREEDOM TECHNIQUE 20TH: IN-PERSON: OFFICE/PARK: PLANT AND GROW
MAY	4TH: ZOOM: LET'S MAKE A PLAYLIST 18TH: IN-PERSON: MINI-GOLF AT MULLIGANS
JUNE	1ST: ZOOM: JOURNALING YOUR GOALS 14TH: IN-PERSON: STILL MEADOWS TREEHOUSE*****

Contact Ashley at ashley@bicsv.org for more information