# BICSV Support Group

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

<table>
<thead>
<tr>
<th>Month</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
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</thead>
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|         | 5th: Zoom: Guest Speaker: John Normant  
19th: In-Person: Office: Holiday Party | 2nd: Zoom: Fingerhold Practice for Managing Emotions  
16th: In-Person: Office: Music Therapy | 2nd: Zoom: Sympathies or Solutions: Active Listening  
16th: In-Person: Office: Lavender Play Dough | 6th: Zoom: Emotional Freedom Technique  
20th: In-Person: Office/Park: Plant and Grow | 4th: Zoom: Let’s Make a Playlist  
18th: In-Person: Mini-Golf at Mulligans | 1st: Zoom: Journaling Your Goals  
14th: In-Person: Still Meadows Treehouse**** |

Contact Ashley at ashley@bicsv.org for more information.