

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
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| What's Cooking in the 1 Kitchen?! (R)* 9:30am & 1pm Interfaith Food Bank *these classes happen from Monday to Friday throughout the entire month AA Meeting 8pm Bassano Health Centre | Food Addicts Anonymous Meeting 7pm Parkdale United Church | Healthy Living on a Budget 9:30am-11:30am NA New Beginners Group 7pm Chinook Meeting Hall Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts Grief Support 7pm-9pm City Light Church AA Meeting 8pm Trinity Lutheran Church | NA New Balance Group 7pm Lutheran Church Food Addicts Anonymous Meeting 7pm Lethbridge Regional Hospital | Communications & Self Esteem 9:30-11:30am JobLinks Employment Centre Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Lutheran Church | 6 | Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts | |
| AA Meeting 8pm Bassano Health Centre | Food Addicts Anonymous Meeting 7pm Parkdale United Church | NA New Beginners Group 7pm Chinook Meeting Hall Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts Grief Support 7pm-9pm, City Light Church AA Meeting 8pm, Trinity Lutheran Church Labour Market Information & Job Search Skills 9:30-11:30am JobLinks Employment Centre | NA New Balance Group 7pm Lutheran Church Food Addicts Anonymous Meeting 7pm Lethbridge Regional Hospital | Resume Writing 9:30-11:30am JobLinks Employment Centre Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Lutheran Church | 13 | Gamblers 14 Anonymous Meeting 7pm Chinook Society for Recovering Addicts | |
| AA Meeting 8pm Bassano Health Centre | Food Addicts Anonymous Meeting 7pm Parkdale United Church | Interview Skills & Job Maintenance 9:30-11:30am JobLinks Employment Centre NA New Beginners Group 7pm Chinook Meeting Hall Grief Support 7pm-9pm City Light Church AA Meeting 8pm Trinity Lutheran Church Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts | NA New Balance Group 7pm Lutheran Church Food Addicts Anonymous Meeting 7pm Lethbridge Regional Hospital | Job Finders/Keepers 19 9:30-11:30am JobLinks Employment Centre Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Lutheran Church | 20 | Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts | |
| AA Meeting 8pm Bassano Health Centre | Food Addicts Anonymous Meeting 7pm Parkdale United Church | Budget Dollars & Sense 9:30-11:30am JobLinks Employment Centre NA New Beginners Group 7pm, Chinook Meeting Hall Grief Support 7pm-9pm City Light Church AA Meeting 8pm, Trinity Lutheran Church Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts | NA New Balance Group 7pm Lutheran Church Food Addicts Anonymous Meeting 7pm Lethbridge Regional Hospital | Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Lutheran Church | 27 | Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts | |
| AA Meeting 8pm Bassano Health Centre | Food Addicts Anonymous Meeting 7pm Parkdale United Church | NA New Beginners 31 Group 7pm Chinook Meeting Hall Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts AA Meeting 8pm Trinity Lutheran Church | Teal Text = Grief Suppo Green Text = Self-Impr | nal Supports for Finding Jobs ort overment Workshops | \$ = cost associated with event or activity R= registration required apports, and Legal Advice | | |