## FRN Promise Resource Network JANUARY 2025 CLASS CALENDAR

Facebook/Youtube = Purple In Person = Green



Zoom = Black

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HUB Closed for Holiday	2 9am Morning Meditation 10am Recovery 101 11:30am Beyond Sober "Craft It out" 1pm Food with Friends	HUB OPENS AT 10AM  10am Morning Meditation 10:15am Keep Your Power 11:30am Give Me The Mic 1pm Smart Recovery 2pm Game Time	4
9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 12:30pm Peer Leader Info Session	7  9am Morning Meditation 10am The Aruba Effect 11:30am Beyond Sober "Move a muscle, Change a thought" 3pm Smart Recovery	9am Morning Meditation 9:30am Tai Chi 10am Purple Ribbon Club 10am Buying your first home workshop 11:30am Open Mind "The Secret"	9 9am Morning Meditation 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am Beyond Sober *Rock Painting for Recovery" 1pm Budgeting Workshop	10  HUB OPENS AT 10AM 10am Morning Meditation 10:15am Keep Your Power 11:30am Give Me The Mic 1pm Smart Recovery	11
9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Work It!	14  9am Morning Meditation 10am Overcoming w/ Ashley 11:30am Beyond Sober "Handmade & Healing" 2pm Self Care Support Group 3pm Smart Recovery	9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 11:30am Open Mind "The Secret" 1pm Sharons Round Table	16 9am Morning Meditation 10am Recovery 101 11:30am Beyond Sober "The Artistry of Herbal Blends" 1pm Food with Friends	HUB OPENS AT 10AM 10am Morning Meditation 10:15am Keep Your Power 11:30am ClayWorks! 1pm Smart Recovery 2pm Game Time	18
9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self-Esteem	21  9am Morning Meditation 10am The Aruba Affect 11:30am Beyond Sober "Move a Muscle-Change a thought" 3pm Smart Recovery	9am Morning Meditation 9:30am Tai Chi 10am Purple Ribbon Club 11:30 Open Mind "The Secret"	23 9am Morning Meditation 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am Beyond Sober "Improv for Fun and for Life"	HUB OPENS AT 10AM  10am Morning Meditation 10:15am Keep Your Power 11:30am Give Me The Mic 1pm Smart Recovery	25
9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem	9am Morning Meditation 10am Overcoming with Ashley 11:30am Beyond Sober "Scrap Books" 2pm Self Care Support Group 3pm Smart Recovery	9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 11:30am Open Mind "The Secret" 1pm Sharon's Roundtable  View class descript PromiseResourceNe 704-390-7709	9am Morning Meditation 10am Town Hall 11:30 Beyond Sober "Poetry with a purpose" 1pm Budgeting Workship	HUB OPENS AT 10AM  10AM Morning Meditation 10:15AM Keep Your Power 11:30AM Give Me The Mic 10M Smart Recovery	