

SECOND WIND'S SPRING 2021 SCHEDULE!!!!

Please call this number to schedule a group and a ride (if needed) a week in advance!!

860-253-5031, Club's Landline!!



MONDAYS

Dual Recovery	In-House (5 maximum)	10am-11am
Creative Crafting	In-House (5 maximum)	1pm-2pm

TUESDAYS

Practicing Self-Care	In-House (5 maximum)	10am-11am
Holding the Hope	In-House (5 maximum)	1pm-2pm
Accepting Change	In-House (5 maximum)	2:30pm-3:30pm

WEDNESDAYS

I Am, Self-Esteem	In-House (5 maximum)	10am-11am
Get Grounded!	In-House (5 maximum)	2:30pm-3:30pm

THURSDAYS

Smoking Cessation	In-House (5 maximum)	1pm-2pm
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FRIDAYS

Healthy Habits/Mental Health Check-In	In-House (5 maximum)	10am-11am
The Great Outdoors	Curbside (7 maximum)	1pm-2pm