



# Bridges Community Center

Peer Support, Advocacy and Empowerment for Adults Recovering with Mental Illness.

## JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10-ANXIETY &amp; PANIC SUPPORT 11-WOMENS GROUP 12-WALKING GROUP 1-SMART</p>	<p>2</p> <p>10-TBI SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1-CREATIVE WRITING</p>	<p>3</p> <p>10-AUTISM SUPPORT 11- WRAP 12- WALKING GROUP 1-BIPOLAR SUPPORT 2-TX COURT 2:30-TRAUMA RECOVERY</p>	<p>4</p> <p>10-SKILLS 4 LIFE 11-MENS GROUP 12-WALKING GROUP 1-BPD &amp; DID 2:30-RELATIONSHIP RECOVERY/ WOMEN ONLY</p>	<p>5</p> <p>10-COLOR &amp; JOURNALING 11-ART 12-WALKING GROUP 1-SOBEROKEE</p>
<p>8</p> <p>10-ANXIETY &amp; PANIC SUPPORT 11-WOMENS GROUP 12-WALKING GROUP 1-SMART</p>	<p>9</p> <p>10-TBI SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1-CREATIVE WRITING</p>	<p>10</p> <p>10-AUTISM SUPPORT 11- WRAP 12- WALKING GROUP 1-BIPOLAR SUPPORT 2-TX COURT 2:30-TRAUMA RECOVERY</p>	<p>11</p> <p>10-SKILLS 4 LIFE 11-MENS GROUP 12-WALKING GROUP 1-BPD &amp; DID 2:30-RELATIONSHIP RECOVERY/ WOMEN ONLY</p>	<p>12</p> <p>10-COLOR &amp; JOURNALING 11-ART 12-WALKING GROUP 1-SOBEROKEE</p>
<p>15</p> <p>10-ANXIETY &amp; PANIC SUPPORT 11-WOMENS GROUP 12-WALKING GROUP 1-SMART</p>	<p>16</p> <p>10-TBI SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1-CREATIVE WRITING</p>	<p>17</p> <p>10-AUTISM SUPPORT 11- WRAP 12- WALKING GROUP 1-BIPOLAR SUPPORT 2-TX COURT 2:30-TRAUMA RECOVERY</p>	<p>18</p> <p>10-SKILLS 4 LIFE 11-MENS GROUP 12-WALKING GROUP 1-BPD &amp; DID 2:30-RELATIONSHIP RECOVERY/ WOMEN ONLY</p>	<p>19</p> <p><b>CLOSED FOR JUNETEENTH</b></p>
<p>22</p> <p>10-ANXIETY &amp; PANIC SUPPORT 11-WOMENS GROUP 12-WALKING GROUP 1-SMART</p>	<p>23</p> <p>10-TBI SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1-CREATIVE WRITING</p>	<p>24</p> <p>10-AUTISM SUPPORT 11-WRAP 12- WALKING GROUP 1-BIPOLAR SUPPORT 2-TX COURT 2:30-TRAUMA RECOVERY</p>	<p>25</p> <p>10-SKILLS 4 LIFE 11-MENS GROUP 12-WALKING GROUP 1-BPD &amp; DID 2:30-RELATIONSHIP RECOVERY/ WOMEN ONLY</p>	<p>26</p> <p>10-COLOR &amp; JOURNALING 11-ART 12-WALKING GROUP 1-SOBEROKEE</p>
<p>29</p> <p>10-ANXIETY &amp; PANIC SUPPORT 11-WOMENS GROUP 12-WALKING GROUP 1-SMART</p>	<p>30</p> <p>10-TBI SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1- CREATIVE WRITING</p>			