



# Bridges Community Center

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

## FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 10- ANXIETY & PANIC SUPPORT 11- WOMENS GROUP 12- SKILLS 4 LIFE 1- SMART	<b>3</b> 10- PROCOVERY 11- DEPRESSION & SAD SUPPORT 12- LGBTQ+ SUPPORT 1- ANGER MANAGEMENT	<b>4</b> 10- AUTISM SUPPORT 11- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 12- BIPOLAR 1- MEDITATION 2- TX COURT 3- TRAUMA RECOVERY	<b>5</b> 10- MENS GROUP 11- CREATIVE WRITING 12- BPD 1- COLOR ME CALM 2:30- RELATIONSHIP RECOVERY/ WOMEN ONLY	<b>6</b> 9:30- MOVIE 11- YMCA 1:30- SOBEROKE
<b>9</b> 10- ANXIETY & PANIC SUPPORT 11- WOMENS GROUP 12- SKILLS 4 LIFE 1- SMART	<b>10</b> 10- PROCOVERY 11- DEPRESSION & SAD SUPPORT 12- LGBTQ+ SUPPORT 1- ANGER MANAGEMENT	<b>11</b> 10- AUTISM SUPPORT 11- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 12- BIPOLAR 1- MEDITATION 2- TX COURT 2:30- TRAUMA RECOVERY	<b>12</b> 10- MENS GROUP 11- CREATIVE WRITING 12- BPD 1- COLOR ME CALM 2:30- RELATIONSHIP RECOVERY/ WOMEN ONLY	<b>13</b> 9:30- MOVIE 11- YMCA 1:30- SOBEROKE
<b>16</b> 10- ANXIETY & PANIC SUPPORT 11- WOMENS GROUP 12- SKILLS 4 LIFE 1- SMART	<b>17</b> 10- PROCOVERY 11- DEPRESSION & SAD SUPPORT 12- LGBTQ+ SUPPORT 1- ANGER MANAGEMENT	<b>18</b> 10- AUTISM SUPPORT 11- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 12- BIPOLAR 1- MEDITATION 2- TX COURT 2:30- TRAUMA RECOVERY	<b>19</b> 10- MENS GROUP 11- CREATIVE WRITING 12- BPD 1- COLOR ME CALM 2:30- RELATIONSHIP RECOVERY/ WOMEN ONLY	<b>20</b> 9:30- MOVIE 11- YMCA 1:30- SOBEROKE
<b>23</b> 10- ANXIETY & PANIC SUPPORT 11- WOMENS GROUP 12- SKILLS 4 LIFE 1- SMART	<b>24</b> 10- PROCOVERY 11- DEPRESSION & SAD SUPPORT 12- LGBTQ+ SUPPORT 1- ANGER MANAGEMENT	<b>25</b> 10- AUTISM SUPPORT 11- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 12- BIPOLAR 1- MEDITATION 2- TX COURT 2:30- TRAUMA RECOVERY	<b>26</b> 10- MENS GROUP 11- CREATIVE WRITING 12- BPD 1- COLOR ME CALM 2:30- RELATIONSHIP RECOVERY/ WOMEN ONLY	<b>27</b> 9:30- MOVIE 11- YMCA 1:30- SOBEROKE

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