

January 2025 Pathways Vermont Community Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Closed for New Year's Day	Drop-in Hours 10am-1pm Suicidality Support 4pm	Drop-in Hours 10am-1pm Open Art Studio 11am-1pm Mindfulness 1:15-2:15pm Karaoke 1-2pm	
5	6	7	8	9	10	11
	Drop-in Hours 10am-1pm <i>Disability Group 1:15pm</i>	Drop-in Hours 10am-1pm Hearing Voices 2:30-3:30pm <i>Writing Circle 4-5:30pm</i>	Drop-in Hours 10am-1pm <i>Anxiety Relief Group 4-5:30pm</i> Community Cooking 6-8pm	Drop-in Hours 10am-1pm Suicidality Support 4pm	Drop-in Hours 10am-1pm Open Art Studio 11am-1pm Movie Time 12-2pm Mindfulness 1:15-2:15pm	
12	13	14	15	16	17	18
	Drop-in Hours 10am-1pm <i>Laughter Yoga 1:15pm</i>	Drop-in Hours 10am-1pm Hearing Voices 2:30-3:30pm <i>Writing Circle 4-5:30pm</i>	Drop-in Hours 10am-1pm <i>Anxiety Relief Group 4-5:30pm</i> Community Cooking 6-8pm	Drop-in Hours 10am-1pm Suicidality Support 4pm	Drop-in Hours 10am-1pm Open Art Studio 11am-1pm Game Time 1-2pm Mindfulness 1:15-2:15pm	
19	20	21	22	23	24	25
	Closed for Martin Luther King Day	Drop-in Hours 10am-1pm Hearing Voices 2:30-3:30pm <i>Writing Circle 4-5:30pm</i>	Drop-in Hours 10am-1pm <i>Anxiety Relief Group 4-5:30pm</i> Community Cooking 6-8pm	Drop-in Hours 10am-1pm Suicidality Support 4pm	Drop-in Hours 10am-1pm Open Art Studio 11am-1pm Open Mic 1-2pm Mindfulness 1:15-2:15pm	
26	27	28	29	30	31	
	Drop-in Hours 10am-1pm <i>Laughter Yoga 1:15pm</i>	PVCC Breakfast 10am Drop-in Hours 10am-1pm Hearing Voices 2:30-3:30pm <i>Writing Circle 4-5:30pm</i>	Drop-in Hours 10am-1pm <i>Anxiety Relief Group 4-5:30pm</i> Community Cooking 6-8pm	Drop-in Hours 10am-1pm Suicidality Support 4pm	Drop-in Hours 10am-1pm Open Art Studio 11am-1pm Game Time 1-2pm Mindfulness 1:15-2:15pm	KEY
						Recurring Programming
						<i>Hybrid In-Person and Online Group</i>
						Special Event