

October 2025 Pathways Vermont Community Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Anxiety Relief Group 4-5:30pm	Conversations about Suicide 3:45pm	Open Art Studio 11am-1pm 140 Mansfield Ave	Another Way 40th Anniversary Party in Montpelier
			Community Cooking at Outright Vermont 6-8pm		Mindfulness 4:30-5:30p 74 Main Street and online	for carpool info call Jim@802-777-6185
5	6	7	8	9	10	11
	Disability Group 1:15-2-45pm at the Library and online	Hearing Voices 2:30-3:30pm at the Vermont Wellness Collaborative and online Writing Circle 4-5:30pm at the library and online	Anxiety Relief Group 4-5:30pm at the library and online Community Cooking at Outright Vermont 6-8pm	Conversations about Suicide 3:45pm	Open Art Studio 11am-1pm 140 Mansfield Ave Laughter Yoga 4:30-5:30p 74 Main St and online	
12	13	14	15	16	17	18
	Disability Group 1:15-2-45pm at the Library and online	Hearing Voices 2:30-3:30pm at the Vermont Wellness Collaborative and online Writing Circle 4-5:30pm at the library and online	Anxiety Relief Group 4-5:30pm at the library and online Community Cooking at Outright Vermont 6-8pm	Conversations about Suicide 3:45pm	Open Art Studio 11am-1pm 140 Mansfield Ave Mindfulness 4:30-5:30p 74 Main St and online	
19	20	21	22	23	24	25
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26	27	28	29	30	31	
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