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		Mindfulness 4:30-5:30p 74 Main Street and online	for carpool info call
			6-8pm			Jim@802-777-6185
E	6	7	8		10	11
5	D	Hearing Valess 2:20 2:20nm		9	IU	11
	Disability Group	Hearing Voices 2:30-3:30pm at the Vermont Wellness	Anxiety Relief Group	Conversations about	Onen Aut Ctudie 11em 1em	
	1:15-2-45pm	Collaborative and online	4-5:30pm at the library and online	Suicide 3:45pm	Open Art Studio 11am-1pm 140 Mansfield Ave	
	at the Library and online	Writing Circle 4-5:30pm	Community Cooking at	Sulciue 3.45pm	Laughter Yoga 4:30-5:30p	
	at the Library and online	at the library and online	Outright Vermont 6-8pm		74 Main St and online	
12	13	14	15	16	174 Maiii St aliu olilille	18
12	10	Hearing Voices 2:30-3:30pm	Anxiety Relief Group	10	"	10
	Disability Group	at the Vermont Wellness	4-5:30pm	Conversations about	Open Art Studio 11am-1pm	
	1:15-2-45pm	Collaborative and online	at the library and online	Suicide 3:45pm	140 Mansfield Ave	
	at the Library and online	Writing Circle 4-5:30pm	Community Cooking at		Mindfulness 4:30-5:30p	
		at the library and online	Outright Vermont 6-8pm		74 Main St and online	
19	20	21	22	23	24	25
		Hearing Voices 2:30-3:30pm	Anxiety Relief Group			
	Disability Group	at the Vermont Wellness	4-5:30pm	Conversations about	Open Art Studio 11am-1pm	
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26	27	28	29	30	31	
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	Disability Group	at the Vermont Wellness	4-5:30pm	Conversations about	Open Art Studio 11am-1pm	
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