

# NAMI Dubuque Program Center

## APRIL

Open Peer Support Hours (or by appointment)  
 Wednesdays: Family Support-9am-11am / Peer Support-3pm-6pm  
 Thursdays: Peer Support-2pm-6pm

SUN.	MON.	TUES.	WEDNESDAY	THURSDAY	FRI.	SAT.
	1	2 Family Support Group @6:00	3 *9am-11am:OpenFamily/Caregiver Support 3:00- Open Support 4:00 WRAP Review 6:00 Connection Peer Support Group	4 2:00-Mindfulness / Open Support 4:00-Art@ the Center 6:00- Peer-to Peer Class #2 6:00-All Pathways Recovery Support Group		6
	8	9	10 *9am-11am:OpenFamily/Caregiver Support 3:00- Open Support 5:00 Eating Disorder Support(ONLINE)Please Inquire 6:00 Suicide Bereavement Support 6:00 Men's Brain Health Support Group	11 2:00-Open Support 4:00-Art@ the Center 6:00- Peer-to Peer Class #3 6:00-Veterans Support Group		13 10am- Women's 21+ Support Group
	15	16 Family Support Group @6:00	17 *9am-11am:OpenFamily/Caregiver Support 3:00- Open Support 6:00 Connection Peer Support Group	18 2:00-Mindfulness / Open Support 4:00-Art@ the Center 6:00- Peer-to Peer Class #4 6:00-All Pathways Recovery Support Group		20
	22	23	24 *9am-11am:OpenFamily/Caregiver Support 3:00- Open Support 6:00 Men's Brain Health Support Group	25 2:00-Open Support 4:00-Art@ the Center 6:00- Peer-to Peer Class #5		27 *Iris Days* Please Inquire