

# 02.



CAPITAL REGION  
MENTAL HEALTH & ADDICTIONS

# FEBRUARY



CAPITAL REGION  
MENTAL HEALTH & ADDICTIONS

# 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02 <b>DAY IN YELLOW</b>	03
04	05	06	07 <b>INSTAGRAM PERSONAL EXPERIENCE STORY</b>	08 <b>INSTAGRAM BINGO CHALLENGE</b>	09 <b>VIRTUAL FITNESS FRIDAY CHALLENGE</b>	10
11	12	13 <b>LOVE YOURSELF WORKSHOP WITH THE REACH CENTRE</b>	14 <b>INSTAGRAM PERSONAL EXPERIENCE STORY</b>	15	16	17
18	19	20 <b>INSTAGRAM MENTAL HEALTH TRIVIA</b>	21 <b>INSTAGRAM PERSONAL EXPERIENCE STORY</b>	22	23 <b>COMMUNITY COFFEE &amp; CHAT</b> 10AM-12PM @FREDERICTON LIBRARY HUB ROOM	24 <b>#BRIGHTERDAYS ART SHOW &amp; SALE</b> 9AM-12PM @466 QUEEN STREET
25	26	27	28 <b>INSTAGRAM PERSONAL EXPERIENCE STORY</b>	29	01 MARCH 2024	02 <b>ZUMBA CLASS</b> 6:30-8:30PM @28 SAUNDERS ST.