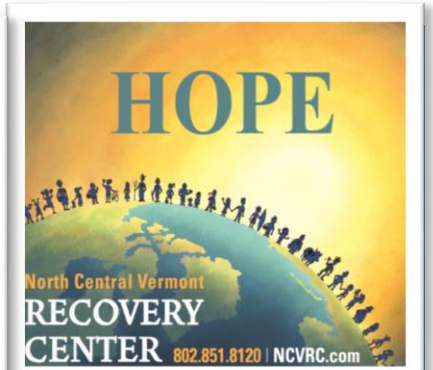


October 2021

Mom's in Recovery Support Program at NCVRC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	Moms on MAT 2-3 4	10:30-11:30 Kids Yoga w/Kara Open Discussion 1-2 5	1:1 Coaching 6	Open Play Childcare (limit 5 kids please sign up) 12-2 7	1:1 Coaching 8	10 AM - 12 PM Reiki at NCVRC Morrisville 9
10	Moms on MAT 2-3 11	10:30-11:30 Kids Yoga w/Kara Open Discussion 1-2 12	1:1 Coaching 13	Open Play Childcare (limit 5 kids please sign up) 12-2 14	1:1 Coaching 15	16
17	Moms on MAT 2-3 18	10:30-11:30 Kids Yoga w/Kara Open Discussion 1-2 19	1:1 Coaching 20	Open Play Childcare (limit 5 kids please sign up) 12-2 21	1:1 Coaching 22	10 AM - 12 PM Reiki at NCVRC Morrisville 23
24	Moms on MAT 2-3 25	10:30-11:30 Kids Yoga w/Kara Open Discussion 1-2 26	1:1 Coaching 27	Open Play Childcare (limit 5 kids please sign up) 12-2 28	1:1 Coaching 29 MOVIE NIGHT 6-8	Trunk or Treat/Pumpkin Carving! 4-8 30
Happy Halloween! 31						

Moms Coordinator Crystal Bolio will be available at Jenna's House 9-3 Monday - Friday

All groups/activities are child friendly. Please note childcare/activity signups are limited so sign up early! You must stay on site or be participating in an offsite NCRVC activity to sign child up

The North Central Vermont Recovery Center, 275 Brooklyn Street, Suite, Morrisville, VT 05661 *** NCVRC at Jenna's House, 117 St. John's Road, Johnson, VT 05656