













Winter/Spring 2020 AYA Calendar



RSVP to ksankovic@childrenshealingcenter.org

EVENT	DETAILS
 <p>Shamama – Intuitive Collaging Monday, January 13th CHC 1530 Fulton St E</p>	<p>Shamama is a group of leaders in the creative and healing arts with a goal to tap into creativity, unleash your power, find your purpose, and express your voice. Intuitive collaging is expressive art with a goal to quiet your everyday mind and invite imagery to express the story of your inner world</p>
 <p>Griffins Game Saturday, February 8th Van Andel Arena 130 Fulton St W, Grand Rapids</p>	<p>We will have a suite with plenty of food and drinks! Come on out and enjoy the game, it will be tons of fun!</p>
 <p>Shamama – Journey Writing Monday, February 17 6-8pm CHC 1530 Fulton St E</p>	<p>Michele from Shamama will lead in techniques to write about your journey to get in touch with deeper levels of feelings/thinking and healing old wounds!</p>
 <p>Beautiful You by Profile Monday, February 24th 5:30-8:30 PM 4669 Alpine Ave, Suite A Comstock Park, MI 49321</p>	<p>Pick two of the services offered by Beautiful You: Facials, makeup, manicure, chair massage, paraffin dip</p> <p><u>Definite RSVP required by February 7th!!</u></p>
 <p>Team Trivia Night! Village Inn Pizza Wednesday, March 4th 7 pm 2215 44th St SE Grand Rapids</p>	<p>Join us for a night of pizza and testing our trivia skills.. or possible lack thereof 😊</p>

	<u>EVENT</u>	<u>DETAILS</u>
	<p>Shamama - Breathwork Monday, March 16th, 6-8 pm CHC 1530 Fulton St E</p>	<p>Shamama will join us again – this time to focus on breathing techniques. These breathing methods will help to relieve stress, anxiety and depression and also process/release strong emotions such as grief, fear, guilt and anger</p>
	<p>Gildas Club Support Group April TBD CHC 1530 Fulton St E</p>	<p>Join us for dinner and support conversations led by Gildas Club Master’s degree-level professionals</p> <p>There will be updates via email, Facebook and text when we have an official date.</p>
	<p>Kids Food Basket Wednesday, April 22nd 6-8 pm 1300 Plymouth Ave NE, Grand Rapids</p>	<p>A chance to give back! Let’s come together to volunteer our time to help make a difference in the lives of many children in our community.</p>
	<p>Yoga Night Tuesday, May 12th 6-8 pm CHC 1530 Fulton St E</p>	<p>Join our Adult Night at the Center for dinner and yoga!</p>
	<p>The Great Escape Room Monday, May 18th 6-8pm 233 Fulton St E #211 Grand Rapids</p>	<p>Team building! Let’s see if we have what it takes to work together and escape the room!</p>