

SMALL STEPS SPRING 2024

RESERVATIONS REQUIRED

Date	Activity	Duration	Availability
Mon Jan 29	Mindfulness Monday	5:30pm-6:30pm	
Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.			
Mon Feb 05	NO PROGRAM		
Ask us how to get involved with our Shooting Stars Self Advocate group			
Mon Feb 12	Mindfulness Monday	5:30pm-6:30pm	
Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.			
Mon Feb 19	Mindfulness Monday	5:30pm-6:30pm	
Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.			
Mon Feb 26	Mindfulness Monday	5:30pm-6:30pm	12
We will be off campus this evening at ThroughBreath Yoga. <u>TRANSPORTATION NOT PROVIDED. PLEASE MEET US AT THE STUDIO AT 1940 W 13TH ST. LIMITED SPACE AVAILABLE DUE TO SPACE. RESERVATIONS REQUIRED.</u>			
Mon Mar 04	NO PROGRAM		
Ask us how to get involved with our Shooting Stars Self Advocate group			
Mon Mar 11	Mindfulness Monday	5:30pm-6:30pm	
Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.			
Mon Mar 18	Mindfulness Monday	5:30pm-6:30pm	
Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.			
Mon Mar 25	Mindfulness Monday	5:30pm-6:30pm	12
We will be off campus this evening at ThroughBreath Yoga. <u>TRANSPORTATION NOT PROVIDED. PLEASE MEET US AT THE STUDIO AT 1940 W 13TH ST. LIMITED SPACE AVAILABLE DUE TO SPACE. RESERVATIONS REQUIRED.</u>			
Mon Apr 01	NO PROGRAM		
Ask us how to get involved with our Shooting Stars Self Advocate group			
Mon Apr 08	Mindfulness Monday	5:30pm-6:30pm	
Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.			
Mon Apr 15	Mindfulness Monday	5:30pm-6:30pm	
Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.			



SMALL STEPS SPRING 24

RESERVATIONS REQUIRED

Date	Activity	Duration	Availability
Mon Apr 22	Mindfulness Monday	5:30pm-6:30pm	12
<p>We will be off campus this evening at ThroughBreath Yoga. <u>TRANSPORTATION NOT PROVIDED. PLEASE MEET US AT THE STUDIO AT 1940 W 13TH ST. LIMITED SPACE AVAILABLE DUE TO SPACE. RESERVATIONS REQUIRED.</u></p>			
Mon Apr 29	Mindfulness Monday	5:30pm-6:30pm	
<p>Relax and Zen out with our mindfulness Monday at AbilityPoint. Please feel free to bring a pillow or blanket for comfort.</p>			
Mon May 06	NO PROGRAM		
<p>Ask us how to get involved with our Shooting Stars Self Advocate group</p>			