

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Drop In 10am-1pm 27	Drop In 9am-1pm 28	Drop In 9am-1pm Infant Development Activity: Mood Boards 1	Drop In 9am-1pm Workshop: Medicine Wheel 2	Mothers for Recovery 9:30am-11:30am 3
Drop In 10am-1pm Wellness Meditation 1-2:15pm 6	Drop In 9am-1pm 7	Drop In 9am-1pm Infant Development Activity: Milestones 8	Drop In 9am-1pm Workshop: Resume Writing 9	Mothers for Recovery 9:30am-11:30am 10 HCPP Maternity & Postpartum Clinic 1pm-4pm
Drop In 10am-1pm Wellness Meditation 1-2:15pm 13	Drop In 9am-1pm 14	Drop In 9am-1pm Infant Development 15	Drop In 9am-1pm Workshop: Meal Preparation 16	Mothers for Recovery 9:30am-11:30am 17
Drop In 10am-1pm Wellness Meditation 1-2:15pm 20	Drop In 9am-1pm 21	Drop In 9am-1pm Infant Development 22	Drop In 9am-1pm Workshop: Budgeting 23	Mothers for Recovery 9:30am-11:30am 24 HCPP Maternity & Postpartum Clinic 1pm-4pm
Drop In 10am-1pm Wellness Meditation 1-2:15pm 27	Drop In 9am-1pm 28	Drop In 9am-1pm Infant Development 29	Drop In 9am-1pm Workshop: Gratitude Circle 30	Mothers for Recovery 9:30am-11:30am 31

Program Descriptions

Drop In:
Join us for coffee, conversations, 1 on 1 supports, referrals, and company. We serve lunch at 11:30.

Infant Development:
On Wednesdays, Katarina from Infant Development joins us and offers services within our drop-in hours.

Mothers for Recovery:
Join us Fridays for Mother's for Recovery, our open forum support group. Doors open at 9am and the program runs until approximately 11:30am. The group is run by women who identify as mothers who have used substances and attained sobriety.

HCPP Maternity & Postpartum Clinic:
Every second Friday from January 13-August 31 The Tree is host to a maternity and postpartum clinic specifically for people who self-identify with substance use, mental health, or other significant barriers to accessing traditional maternity care.



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