

May 2024 Activities
 Inter-Connections, Inc. 209 W. Maumee St. Adrian
 517.265.9588
 Open Daily Noon-6:00 pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Yoga 1 pm Depression Group 3 pm	2 Bipolar Group 3 pm	3 First Friday 5-8 pm	4
5	6 Tobacco Cessation 11 am Grief Group 1 pm	7 Budget Class 2 pm	8 Yoga 1 pm Depression Group 3 pm	9 Bipolar Group 3 pm	10	11
12 Hygiene Class 12:30 pm	13 Tobacco Cessation 11 am Grief Group 1 pm	14 Budget Class 2 pm	15 Yoga 1 pm Depression Group 3 pm	16 Bipolar Group 3 pm	17 Member Celebration 12:30 pm	18 Card games 12:30 pm
19 E-Race the Stigma 5k 9 am -12 pm	20 CLOSED Staff Training	21 CLOSED Staff Training	22 Yoga 1 pm Depression Group 3 pm	23 Bipolar Group 3 pm	24	25 Movie 1 pm
26 Community Meeting 12:30 pm	27 CLOSED Memorial Day	28 Budget Class 2 pm	29 Yoga 1 pm Depression Group 3 pm	30 Bipolar Group 3 pm	31 Board Meeting 11:30 am	

Mission: Inter-Connections, Inc. provides support and acceptance for individuals in the community who have lived with a mental illness or substance use disorder with mental illness.