



OCTOBER

Drop-In Hours

Mon: 11AM-7PM
Tues: 11AM-5PM
Wed: 12PM-5PM
Thurs: 11AM-5PM
Fri: Closed

MON	TUE	WED	THU	FRI
			1	2 Closed for Drop-in
5	6 Cooking Group: Making Pico De Gallo 12:00PM-2:00PM	7	8 Mystic Valley YMCA 1:00PM-2:30PM	9 Closed for Drop-in
12 Closed in Observance of Indigenous Peoples' Day	13 Chat N' Chew with Eric Mazzeo 10:00AM-11:00AM	14 Lawrence History Center 12:00PM-1:00PM	15	16 Closed for Drop-in
19	20 Baking Group: Spooky Cookie Decorating 12:00PM-2:00PM @ BOTH AC	21	22 Youth Council & Pumpkin Carving 1:00PM-3:00PM	23 Closed for Drop-in
26	27 Halloween Movie Day! 12:00PM-2:00PM @ BOTH AC	28 	29	30 Closed for Drop-in

Mon: 11AM-5PM

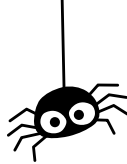
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October

MON	TUE	WED	THU	FRI
			1	2 Now open for drop-in 11am-5pm!
5	6 Cooking Group: Making Pico De Gallo 12:00PM-2:00PM @ Everett AC	7 Closed for Drop-in	8 Open Gym 1:00PM-3:00PM	9 Now open for drop-in 11am-5pm!
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October Events



Cooking Group

Let's get to chopping! In this cooking group we will work on chopping and dicing skills making fresh Pico De Gallo and tortilla chips! We will be going over how to prepare and cut the ingredients while building cooking skills, teamwork, and confidence in the kitchen!

YMCA/Open Gym

The YMCA supports individual and community well-being with fitness classes, sports, aquatic programs, and resources to promote healthy lifestyles or stop by the gym at the YouForward Lawrence!! There are weights, treadmill, yoga mats, workout posters and more fitness equipment!

Lawrence History Center

Come and join us in exploring the Lawrence history center! we will be taking a led tour throughout the Lawrence history museum where we will be able to look over important parts in history to Lawrences development.

Youth Council: Pumpkin Carving

Join Youth Council for a celebratory session reviewing achievements and future plans while bringing in the Halloween Sprit with Carving Pumpkins!

Chat N' Chew

Come to a supportive community, where you can share your journey, learn coping strategies, and connect with others on a path to recovery. Our group offers a safe space for self-expression and mutual support, fostering hope and empowerment!

Baking Group

Spooky season is here! Join us as we bake some cookies and decorate them with icing, sprinkles and candy!

Halloween Movie Day!

We invite you to the Everett and Lawrence Access Centers for a Halloween Movie Day as we watch Nightmare Before Christmas, make connection with peers and celebrate Halloween!

Eventos de Octubre

Cooking Group

¡Manos a la obra con el corte! En este grupo de cocina, trabajaremos las técnicas para picar y trocear ingredientes mientras preparamos un pico de gallo fresco y totopos. Aprenderemos a preparar y cortar los ingredientes, al tiempo que desarrollamos habilidades culinarias, fomentamos el trabajo en equipo y ganamos confianza en la cocina.

YMCA/Open Gym

La YMCA fomenta el bienestar individual y comunitario mediante clases de acondicionamiento físico, deportes, programas acuáticos y recursos para promover estilos de vida saludables. ¡También puedes visitar el gimnasio de YouForward Lawrence! Allí encontrarás pesas, cintas de correr, esterillas de yoga, pósteres de ejercicios y más equipamiento deportivo.

Lawrence History Center

¡Acompáñenos a explorar el Lawrence History Center! Realizaremos una visita guiada por el museo, donde podremos conocer aspectos clave de la historia y el desarrollo de Lawrence.

Youth Council: Pumpkin Carving

¡Únete al Consejo Juvenil para una sesión de celebración en la que repasaremos los logros y los planes futuros, al tiempo que nos contagiamos del espíritu de Halloween tallando calabazas!

Chat N' Chew

Únete a una comunidad solidaria donde podrás compartir tu experiencia, aprender estrategias de afrontamiento y conectar con otras personas que recorren el camino hacia la recuperación. Nuestro grupo ofrece un espacio seguro para la autoexpresión y el apoyo mutuo, fomentando la esperanza y el empoderamiento.

Baking Group

¡Llegó la temporada de terror! ¡Acompáñanos a hornear galletas y decorarlas con glaseado, granas y dulces!

Halloween Movie Day!

¡Le invitamos al Everett y Lawrence Access Centros a ver una película de Halloween ! *El extraño mundo de Jack* (Nightmare Before Christmas), conectar con otras personas y celebrar Halloween!