

PMHCA Virtual Drop-In Schedule



Join us for Virtual Drop-Ins 6 Days a Week!
(Starting on April 12, 2022)
Zoom link will be the same for each Drop-In
"CLICK HERE TO JOIN"

Monday 5:30pm - [Waiting for Services](#)

Tuesday 7:00pm - [WRAP \(Wellness Recovery Action Plan\)](#)

Thursday 5:30pm - [WRAP \(Wellness Recovery Action Plan\)](#)

Friday 5:30pm - [Waiting for Services](#)

Friday 8:00pm - [Community Inclusion](#)

Saturday 10am - [Alternative coping skills \(guided meditation, yoga, breathing, etc.\)](#)

Saturday 6pm - [Goal Setting](#)

Sunday 3pm - [Skill Building](#)

Sunday 7pm - [Community Resources](#)

Virtual Drop-Ins will be for individuals 18 and older.