### Monday
- **Coffee Hour** 8am-9am
- **Check-in** 9am-10am
- **Meditation** 10am-10:30am
- **Peer Connect** 10:30am-11:30am
- **Eating for Mental Health** 11:30am-12:30am
- **Grupo de Apoyo** 12:30pm-1:30pm

### Tuesday
- **Coffee Hour** 8am-9am
- **Check-in** 9am-10am
- **Meditation** 10am-10:30am
- **Peer Connect** 10:30am-11:00am
- **The Arts** 11:00am-11:45am
- **NA** 12:00pm-1:00pm

### Wednesday
- **Coffee Hour** 8am-9am
- **Check-in** 9am-10am
- **Meditation** 10am-10:30am
- **Peer Connect** 10:30am-11:30am
- **Community Gardening** 11:30am-12:00pm
- **Talking Circle 2nd and 4th Wednesdays (On Zoom. See Below)**

### Thursday
- **Coffee Hour** 8am-9am
- **Check-in** 9am-10am
- **Meditation with Suscol** 10am-10:45am
- **Peer Connect** 11:00am-11:30am
- **NA** 12:00pm-1:00pm
- **Coping Skills** 12:30pm-1:30pm

### Friday
- **Coffee Hour** 8am-9am
- **Check-in** 9am-10am
- **Meditation** 10am-10:30am
- **Peer Connect** 10:30am-11:30am
- **Mental Health Topics** 11:30am-12:30pm
- **Community Volunteering** 12:30pm-2pm

### Virtual Activities on Zoom
Activities occurring between 8am and 12:00pm will be streamed live at the Center
Please find links to Zoom activities on following page or call the Center to find out how to join:

- **Morning Check-in**: Daily on Zoom from 9am - 10am
- **Talking Circle with Sal**: 9/8 & 9/22 on Zoom from 10:30am - 11:30am

**Additional Services**: Peer one on ones, Referrals, Resources, Coaching, Crisis Support
**Servicios de Español**: Apoyo individua, apoyo en crisis, y recursos de la salud mental

### The Center will be closed Monday, September 6 in observance of Labor Day

Innovations Community Center    3281 Solano Ave, Napa    (707) 259-8692    [www.innovationscommunitycenter.org](http://www.innovationscommunitycenter.org)

The Center is open for in-person programming 8am - 2pm, Monday, Tuesday, Thursday and Friday
On Wednesdays, the Center is open for in-person programming 8am-12pm
Afternoon appointments are available after in-person hours until 4pm. Occupancy is limited due to public health guidelines and activities and hours are subject to change.
Please call the Center if you have any questions about how to best connect with services.
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