

October 2023 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	2 Tobacco Cessation 11 am Grief Group 1 pm	3	4 Yoga 1 pm Depression Group 3 pm	5 Bipolar Group 3 pm	6 First Friday 1 pm	7
8 Hygiene Class 12:30 pm	9 Tobacco Cessation 11 am Grief Group 1 pm	10	11 Yoga 1 pm Depression Group 3 pm	12 Bipolar Group 3 pm	13 Planetarium 1 pm	14
15 Scratch Art Activity 1 pm	16 Tobacco Cessation 11 am Grief Group 1 pm	17	18 Yoga 1 pm Depression Group 3 pm	19 Bipolar Group 3 pm Carpenter Farms Sign Up ENDS	20 Member Celebration and Bingo 12:30 pm	21 U of M v. MSU game TBD
22 Football Sunday 1 pm	23 Tobacco Cessation 11 am Grief Group 1 pm	24 Carpenter Farms outing 1 pm	25 Yoga 1 pm Depression Group 3 pm	26 Bipolar Group 3 pm	27 Board Meeting 11:30 am	28
29 Community Meeting 12:30 pm	30 Tobacco Cessation 11 am Grief Group 1 pm	31 Halloween Party 1 pm				

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.