



# February 2026



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[www.Wellness-House.org](http://www.Wellness-House.org) [info@wellness-house.org](mailto:info@wellness-house.org) [www.facebook.com/WellnessHouse](http://www.facebook.com/WellnessHouse)

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1  Weekly Reset Support Group 12:00 p.m.  Healing Threads 1:00 p.m.  Chair Exercise Class 3:15 p.m.    Casey S.	2  Bereavement Support 12:00 p.m.  Finding Joy Support Group 1:00 p.m.	3	4	5  Men's Cancer Resource Group 12:00 p.m.  Bunco 1:00 p.m.	6  Trauma Support 12:00 p.m.  Little Wings Pregnancy Loss Support 12:00 p.m. Must RSVP	7
8	9  Weekly Reset Support Group 12:00 p.m.  Healing Threads 1:00 p.m.	10  Bereavement Support 12:00 p.m.  Finding Joy Support Group 1:00 p.m.  Find Support Through An Overdose Loss 6:00 p.m.	11  <b>TAP Into Your Inner Power</b> 1:00 p.m.	12  Brain Injury Support Group 12:00 p.m.  Diabetes Support Group & Exercise 1:00 p.m. - support 2:00 p.m. - movement	13  Trauma Support 12:00 p.m.  Finding Your Way 1:00 p.m.  Little Wings Pregnancy Loss Support 12:00 p.m. Must RSVP	14  <i>All Hearts Valentine's Day Party</i> 12-3 p.m.  	
15	16  <b>CLOSED</b>  President's Day	17  Bereavement Support 12:00 p.m.  Finding Joy Support Group 1:00 p.m.	18	19  Men's Cancer Resource Group 12:00 p.m.  Beyond Survival Support Group 1:00 p.m.  Healing Prayer 2:00 p.m. (by appointment)	20  Mazie Meade Guild 11:30 a.m.  Trauma Support 12:00 p.m.  Little Wings Pregnancy Loss Support 12:00 p.m. Must RSVP  Finding Your Way 1:00 p.m.	21	
22	23  Weekly Reset Support Group 12:00 p.m.  Healing Threads 1:00 p.m.	24  Grief Support Group 11:00 a.m.  Bereavement Support 12:00 p.m.  Finding Joy Support Group 1:00 p.m.	25  <b>TAP Into Your Inner Power</b> 1:00 p.m.	26  Brain Injury Support Group 12:00 p.m.	27  Trauma Support 12:00 p.m.  Little Wings Pregnancy Loss Support 12:00 p.m. Must RSVP  Finding Your Way 1:00 p.m.	28	
						 Scan QR code for more information	