



RESOURCE CENTER CLIENT COMMUNICATOR

SUN	MON	TUES	WED	THUR	FRI	SAT
2024					1	2
3	4	5	6 CARING SUPPORT GROUP @ 6pm	7	8	9 Lunch -Learn @1 pm
10 Clocks forward	11	12	13	14	15	16
17 St. Pat's Day	18	19	20	21	22	23
24/31 EASTER	25	26	27	28	29	30

Remembering March loved ones: Amaru Leyba, Evyn Scott, Enrique Leija, Joseph Davis, Cody Raver, Reuben Baca, Larry Phillips, Aaron Sieben, Katherine Garcia, Johnny Armijo, Matthew Shaw, Richard Sisneros, Jonathan Saiz, John Michael Casados, David James Marquez, David Parsons, Peggy Meyer, Jada Shadron-Drake, Josue Ruiz, Alezander Vigil, Crystal Castillo, Jermain Jennings, Mauro Padillo, Oscar Fuerte.



If we have missed your loved one's remembrance, please let us know.

SPRING CLEANING

Use your **SOAP** daily:

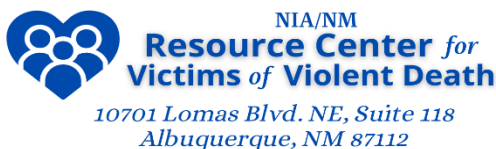
S – Spirituality: Social participation; Service; Meditation/prayer; church; community, volunteering, mentoring

O – Optimism: Self-Efficacy, Confidence, create a Power Pose; Make a long list of your strengths

A – Appreciation: Gratitude practices; Affirmations and Declarations of your Intentions

P - Purpose: Powerful Commitment to life work & to the Self-Care that is Required to Do the work, and to the over-riding value of Love!

Have a wonder-filled, Spring! REMEMBER GROUPS IN MARCH Our office is open for in-person support – daily, by appointment, & group times. Pat & Aussy & Kris



505-243-2222 WE ARE HERE FOR YOU