











Project CHOICE

Creating Healthy Opportunities & Inspiring Change through Empowerment

March 2020

Hours:
M-F: 12-8pm
Saturday: 12-4pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Home Cooked Dinner & Chat W/Doctor T.T. @6pm	4 Self Expression w/ Laura @4-6pm *Dinner after at 6pm No ART experience Necessary! *Hurtt Family Mobile Clinic 1-4pm Medical Services for Free! *Nurse April at Project CHOICE 12-6pm to provide support.	5	6	7
8	9 Self-Defense @5-7 (For those that have signed up)	10 Nia Dance W/Pamela@5pm *Dinner at 6:30pm Joining dance, martial arts and mindfulness 	11 How to Love your Body!! w/Nurse April @4:30-5:30pm  *Nurse April at Project CHOICE 12-6pm to provide support.	12 Drum Circle w/Jamie @6:30pm  *Dinner before at 5:30pm	13	14
15	16 Self-Defense @5-7 (For those that have signed up)	17 Yoga W/Jody@6pm (We have yoga mats.) *Dinner before at 4:45pm 	18 Self Expression w/ Laura @4-6pm *Dinner after at 6pm No ART experience Necessary! *Hurtt Family Mobile Clinic 1-4pm Medical Services for Free! *Nurse April at Project CHOICE 12-6pm to provide support.	19	20	21 Meet Lizzie the Horse Meet up at: Project CHOICE Meet up time: 12:00pm Depart time: 12:30pm *We will be back by 3:30pm Project CHOICE drop in center will be closed @12:30pm 
22	23 Self-Defense @5-7 (For those that have signed up)	24 Nia Dance W/Pamela@5pm *Dinner at 6:30pm Joining dance, martial arts and mindfulness 	25  Nurse April at Project CHOICE 12-6pm to provide support.	26 Drum Circle w/Jamie @6:30pm  *Dinner before at 5:30pm	27 Movie Day!! @5pm 	28
29	30 Self Defense @5-7 (For those that have signed up)	31 Meet Fibi @4-5pm 	If you need assistance with transportation for any of the workshops or activities, please contact one of our Youth Support Specialist's in advance. Thank you! Contact Us Lourdes Dominguez (714) 619-8410 ldominguez@orangewoodfoundation.org Kelsey Walker (714) 619-8410 kwalker@orangewoodfoundation.org Evelyn Castaneda (714) 619 8418 ecastaneda@orangewoodfoundation.org			

