



 **April** 



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1).  * <b>Book Club</b> from 10:15-11:30am: reading The Beauty in Breaking  * <b>From Impact to Insight</b> workshop from 1pm-4:30pm	2).	3).	4).	5).  Happy Easter!  
6). <b>NO ART TODAY</b> 	7).	8).  * <b>Book Club</b> from 10:15-11:30am: reading The Beauty in Breaking	9).	10).  * <b>THRESHOLDS Meeting</b> from 4pm-5:30pm	11).	12).
13). <b>NO ART TODAY</b> 	14).	15).  * <b>Book Club</b> from 10:15-11:30am: reading The Beauty in Breaking  * <b>Music Therapy</b> from 3:30-5pm: singing and percussion!	16).	17).	18).	19).
20).  * <b>Art</b> from 10am-12pm	21).	22).  * <b>Book Club</b> from 10:15-11:30am: reading The Beauty in Breaking	23).  * <b>Redding Peer Support Group</b> from 1-2 pm	24).	25).	26).
27).  * <b>Art</b> from 10am-12pm	28).	29).  * <b>Book Club</b> from 10:15-11:30am: reading The Beauty in Breaking  * <b>Music Therapy</b> from 3:30-5pm: singing and percussion!	30).			

- 🎨 **Art Therapy:** Phone number is (53) 370-1285 and is located at 1459 Humboldt Rd, STE. B
- 🎵 **Music Therapy:** Email [rachel@haleymusictherapy.com](mailto:rachel@haleymusictherapy.com) and located at 2550 Floral Ave, Chico
- 📖 **Book Club:** Phone number is (530) 342-3118 and located at Waterland-Breslaier Building. 341 Broadway, Suite 402 Conference room. We are currently reading The Beauty in Breaking.
- ☐ **Thresholds:** Every Second Friday of the month from 4:00-5:30 pm at the Enloe Conference Center in the Plane Tree room, 1528 Esplanade, Chico, CA.
- 🧠 **From Impact to Insight:** An educational workshop on what to expect after getting a concussion, what to expect and how to manage symptoms. Hear directly from Enloe's local clinicians, including neurologist Dr. Navin Varma, as he discusses post-traumatic headaches and management. It will be taking place on Wednesday, April 1st, from 1-4:30pm. Find the flyer on our website at: <https://www.braininjurycoalition.info/>
- 👥 **Redding Peer Support Group:** Every 4th Thursday of the month from 1-2pm at 2440 Athens Ave in Redding CA. This group meets to support one another, socialize with people in the community, and learn about traumatic brain injuries. Contact [ellyo@actionctr.org](mailto:ellyo@actionctr.org) or call (530) 242-8550 if you are interested!