

2021

MARCH

All workshops will be from 4:30-6:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	07
"Trauma Informed Yoga" by Ana Abbasi				English Conversation Circle		
08	09	10	11	12	13	14
IWD by TNG		"Anxiety Management" by Chris Leonard	"Basic COVID 19 Safety Presentation" by Toronto Public Health	"Apart not Alone" by Neelam		
15	16	17	18	19	20	21
"Trauma Informed Yoga" by Ana Abbasi		"Mindfulness" by Chris Leonard	"Vaccine Education" by Toronto Public Health	"Apart not Alone" by Neelam		
22	23	24	25	26	27	28
"Trauma Informed Yoga" by Ana Abbasi		"Community Leadership" by Dr. Mahbub Hasan	COVID 19 Myths & Facts!	"Fun Fri-Day" Celebration Independence Day of BANGLADESH		
29	30	31	01	02	03	04
"Trauma Informed Yoga" by Ana Abbasi						
05	06	07	08	09	10	11

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