



Prevention Services

GROUP ACTIVITIES CALENDAR 2012

January 2012

- Date
 - Thursday, the 19th
- Time
 - 4-6 pm
- Place
 - West End United Methodist Church, Portsmouth, VA
- **Topic: Celebrating A New You in 2012**
 - Activity: Creating Goals & Frames for personal goals
- Guest Speaker
 - Dr. Eleanor Hoy-Norfolk State University

You are invited to our group activity! Please email Nicole.Mason@theupcenter.org or call 757-397-2121 ext 320 for directions and to RSVP for events!

February 2012

- Date
 - Thursday, the 16th
- Time
 - 4-6 pm
- Place
 - Heritage United Methodist Church, Virginia Beach, VA
- **Topic: Healthy Relationships in 2012**
- Guest Speaker
 - YWCA representative

You are invited to our group activity! Please email Nicole.Mason@theupcenter.org or call 757-397-2121 ext 320 for directions and to RSVP for events!

March 2012

- Date
 - Thursday, the 15th
- Time
 - 4-6 pm
- Place
 - YWCA –Norfolk, VA
- **Topic: Dress for Success**
- Guest Speaker
 - Dress for Success representative

You are invited to our group activity! Please email Nicole.Mason@theupcenter.org or call 757-397-2121 ext 320 for directions and to RSVP for events!

April 2012

- Date
 - Thursday, the 19th
- Time
 - 4-6 pm
- Place
 - West End United Methodist Church, Portsmouth, VA
- **Topic: Easter Egg Hunt**
 - Activity: Make Easter Egg Baskets

You are invited to our group activity! Please email Nicole.Mason@theupcenter.org or call 757-397-2121 ext 320 for directions and to RSVP for events!

May 2012

- Date
 - Thursday, the 17th
- Time
 - 3pm-5pm pm
- Place
 - Mount Trashmore, Virginia Beach, VA
- **Topic: Outdoors safe games and safety.**
- Guest Speaker
 - Tanya Mills from Parents as Teachers- Up Center

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June 2012

- Date
 - Thursday, the 21st
- Time
 - 4-6 pm
- Place
 - YWCA – Norfolk, VA
- **Topic: Early Literacy**
 - :
- Guest Speaker
 - Jenifer Ramos from Parents as Teachers- Up Center

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