



December 2018
 1503 4th Street NW, Albuquerque 87102
 Call 1 (844) 366-2472
 Hours of Operation: Monday – Friday 8:30am– 3:30pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					Twinkle Light Parade Dec 1st at 5:15pm Runs from Girard to Washington on Central	1 	
2  Hanukkah Begins 	3 	4 National Cookie Day  	5 11am-1pm Retrain Your Brain 12-1p gentle chair Yoga w/ Stephanie 	6 	7  	8 Bodhi Day  	
9 	10 	11	12 11am-1pm Retrain Your Brain	13 	14	15 National Cupcake Day 	
16 <i>Don't allow the stress of the holidays to get you down, Breathe!</i>	17 11:00a-12:30p Alternative Behavior Strategies 1230-130 Paint & Coffee Hour	18	19 11am-1pm Retrain Your Brain Holiday Party	20	21 	22	
23	24 	25 CLOSED 	26 11am-1pm Retrain Your Brain Kwanzaa 	27 	28 	29	
30 	31  NEW YEARS EVE	1 CLOSED New Years 					