

# April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**GROUPS MEET AT 210 COURT ST, WATERTOWN**

**OPEN FOR SHAKE-UP  
WEDNESDAYS/THURSDAYS AT 2:30**

**SCHEDULE SUBJECT TO CHANGE OR GROUPS  
COULD BE CANCELED DUE TO INCLEMENT  
WEATHER.**

 The Q Center @ ACR Health

 theqcenter\_at\_acrhealth

 theqcenteratacrhealth

the **Q** center  
at  
**ACR Health**

*Northern NY*

## WHAT'S HAPPENING THIS MONTH!

### LGBTQ YOUTH & ALLIES (5-7PM)

4/4 HYGIENE 101  
4/11 BOUNDARY SETTING  
4/18 DISNEY TRIVIA  
4/25 BUTTON MAKING

### LGBTQ YOUNG ADULTS (5-7PM)

4/3 BODY NEUTRALITY  
4/10 PLANT PARENT CLASS  
4/17 ZINES 101  
4/24 LIP SYNC BATTLES (7-9PM)

### GOVERNEUR GROUPS (4-6:30)

4/2 ICE BREAKERS & JAR OF CONVO  
4/16 ICE BREAKERS & JAR OF CONVO

### TWEEN TIME (SHAKE UP 3:30, GROUP 4:30-6:30)

4/12 WHEN WORDS HURT US  
4/26 CRAFT DAY