



150 S. Main Street, Lakeport  
(707) 994-5486



# June

**M T W T F**

	<p><b>1</b></p> <p>Breakfast Club 9-10am</p> <p>Ted Talk Tuesday 2-3pm</p> <p>Crafting 3-4pm</p> <p>Mock Interviews 4-5pm</p>	<p><b>2</b></p> <p>Breakfast Club 9-10am</p> <p>Employment Support 1-2pm</p> <p>Emergency Preparedness 2-3pm</p> <p>Game Night 3-5pm</p>	<p><b>3</b></p> <p>Breakfast Club 9-10am</p> <p>Crafting 11-12pm</p> <p><i>Closed for Team Meeting 12-1</i></p> <p>Budget Cooking "Omelets" 3-5pm</p>	<p><b>4</b></p> <p>Available for Drop-In 9-10am</p> <p><b>CLOSED</b> For staff meeting 11-4pm</p>
<p><b>7</b></p> <p>Breakfast Club 9-10am</p> <p>Mindful Monday 1-2pm</p> <p>Mock Interviews 2-3pm</p> <p>Financial Literacy 101 3-5pm</p>	<p><b>8</b></p> <p>Breakfast Club 9-10am</p> <p>Employment Support 11-12pm</p> <p>Ted Talk Tuesday 2-3pm</p> <p><b>LBTO+</b> Support Group "Pride Month" 3-4pm</p>	<p><b>9</b></p> <p>Breakfast Club 9-10am</p> <p>CalFresh App. Assistance 1-2pm</p> <p>Crafting 3-4pm</p> <p>Youth Board Meeting 4-5:30pm</p>	<p><b>10</b></p> <p>Breakfast Club 9-10am</p> <p><i>Closed for Team Meeting 12-1</i></p> <p>College Assistance 2-3pm</p> <p>Budget Cooking / Free Dinner "Belle's Gnocchi Pasta" 3-5pm</p>	<p><b>11</b></p> <p>Breakfast Club 9-10am</p> <p>Life Skills 1-2pm</p> <p>CalFresh App. Assistance 2-3pm</p> <p>Freestyle Art 4-5pm</p>
<p><b>14</b></p> <p>Breakfast Club 9-10am</p> <p>Mindful Monday 1-2pm</p> <p>Life Skills 2-3pm</p> <p>Financial Literacy 101 3-5pm</p>	<p><b>15</b></p> <p>Breakfast Club 9-10am</p> <p>Ted Talk Tuesday 2-3pm</p> <p>Confident Chef "Easy Recipes for Beginners" 3-4pm</p> <p>Mock Interviews 4-5pm</p>	<p><b>16</b></p> <p>Breakfast Club 9-10am</p> <p>Resume Help 1-2pm</p> <p>Life Skills 2-3pm</p> <p>Game Night 3-5pm</p>	<p><b>17</b></p> <p>Breakfast Club 9-10am</p> <p><i>Closed for Team Meeting 12-1</i></p> <p>Mock Interviews 2-3pm</p> <p>Budget Cooking / Free Dinner "Meatball Sub Sliders" 3-5pm</p>	<p><b>18</b></p> <p><b>CLOSED</b> For staff training</p>
<p><b>21</b></p> <p>Breakfast Club 9-10am</p> <p>Mindful Monday 1-2pm</p> <p>CalFresh App. Assistance 2-3pm</p> <p>Financial Literacy 101 3-5pm</p>	<p><b>22</b></p> <p>Breakfast Club 9-10am</p> <p>Driver's Ed Prep 10-12pm</p> <p>Ted Talk Tuesday 2-3pm</p> <p>Life Skills 4-5pm</p>	<p><b>23</b></p> <p>Breakfast Club 9-10am</p> <p>CalFresh App. Assistance 1-2pm</p> <p>Life Skills 2-3pm</p> <p>Youth Board Meeting 4-5:30pm</p>	<p><b>24</b></p> <p>Breakfast Club 9-10am</p> <p><i>Closed for Team Meeting 12-1</i></p> <p>Driver's Ed Prep 2-3pm</p> <p>Budget Cooking / Free Dinner "Asian Chopped Salad" 3-5pm</p>	<p><b>25</b></p> <p>Breakfast Club 9-10am</p> <p>Mock Interviews 2-3pm</p> <p>Life Skills 3-4pm</p> <p>Freestyle Art 4-5pm</p>
<p><b>28</b></p> <p>Breakfast Club 9-10am</p> <p>Mindful Monday 1-2pm</p> <p>Resume Help 2-3pm</p> <p>Financial Literacy 101 3-5pm</p> <p>Happy Pride Day!</p>	<p><b>29</b></p> <p>Breakfast Club 9-10am</p> <p>Resume Help 11-12pm</p> <p>Ted Talk Tuesday 2-3pm</p> <p>Job Skills 4-5pm</p>	<p><b>30</b></p> <p>Breakfast Club 9-10am</p> <p>Emergency Preparedness 1-2pm</p> <p>CalFresh App. Assistance 2-3pm</p> <p>Game Night 3-5pm</p>	<p><i>The Harbor on Main is open with CDC guidelines in place! Limited youth are allowed in the building at a time.</i></p> <p><i>All activities / groups will be held in-person as well as virtually, on our Facebook page.</i></p>	<p><i>Harbor Hours of Operation: Monday through Friday 9 am - 6 pm Closed from 12 pm - 1 pm for Lunch (M,T,W,F) Closed from 1-2 for Lunch (TH)</i></p>



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# June

## What's New for June?

*\*The Harbor is Open with CDC guidelines in place. Though we are aware that the California mask mandate will be lifted on June 15th, the Harbor will still require our staff and clients to wear facial coverings at our facility at this time.*

## June is PTSD Awareness Month.

PTSD Awareness Month is dedicated to raising awareness and showing those struggling with PTSD how to easily access treatment.

According to the National Center for PTSD, between 7 and 8 percent of the population will experience Post Traumatic Stress Disorder (PTSD) during their lifetime.

If you or a loved one might be experiencing PTSD, visit the resource below or seek professional care from a therapist who has experience treating PTSD.  
[www.ptsd.va.gov/gethelp/find\\_therapist.asp](http://www.ptsd.va.gov/gethelp/find_therapist.asp)  
#PTSDAwarenessMonth

## Follow Us Online!



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## JUNE IS PRIDE MONTH!

Pride Month is celebrated every June to honor the 1969 Stonewall Uprising, bring attention to LGBTQ+ equal rights, and give members of the LGBTQ+ community a time to rejoice in their pride and celebrate their accomplishments.

Pride Month marks the start of genuine change in the LGBTQ+ community, as well as wider societal issues. Pride broadcasts the bravery and resilience of our LGBTQ+ peers, and further brings awareness to LGBTQ+ issues, and encourages inclusiveness in our society.

So be proud of who you are! Don't be shy! That's what PRIDE MONTH is all about!

*The Harbor on Main celebrates this month with our LGBTQ+ peers and staff! Please feel free to join us on 6/10/21 for our monthly LGBTQ+ Support Group meeting!*



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150 S. Main Street, Lakeport CA  
(707) 994-5486  
mon-fri 9am-6pm

