

**NISQUALLY COMMUNITY**

# **Support Groups**

**At the Nisqually Adult Wellness Center**

**1937 LASHI ST SE OLYMPIA WA 98513**

## **MONDAYS**

**12PM-WELLBRIETY  
In Roundhouse**

**6PM-COED  
WELLBRIETY  
SWEAT**

## **TUESDAYS**

**6:30PM-MEN'S  
TALKING CIRCLE  
In Roundhouse**

## **WEDNESDAYS**

**6PM- WOMENS  
TALKING CIRCLE  
In Squalli-Absch  
Room**

## **THURSDAYS**

**6PM WELLBRIETY  
MEETING 1ST &  
3RD THURSDAY  
OF EACH MONTH  
In Roundhouse**

**6PM-MENS  
SWEAT 2ND &  
4TH THURS OF  
EACH MONTH**

## **FRIDAYS**

**12PM-WELLBRIETY  
In Roundhouse**

**6PM-FAMILY  
SUPPORT GROUP  
In Squalli-Absch  
Room**

**6:30PM COED  
TALKING CIRCLE  
In Roundhouse**

## **SATURDAYS**

**10AM-WELLBRIETY  
MEETING 1ST &  
3RD SATURDAY  
OF EACH MONTH  
In Roundhouse**

**12PM WOMENS  
SWEAT 2ND & 4TH  
SATURDAY OF  
EACH MONTH**

**Questions contact Farron 360-455-5213 or Kelly 360-413-2727  
Starting in October 2022**