

2019 FALL SCHEDULE

Bring a Friend. Share the Experience.

DIABETES INFORMATION GROUP

1st & 3rd Mondays 5pm

A free support group and recipe club for those with diabetes.

GARDEN CLUB

4th Mondays 7pm

Care for flowers & make new friends.

ENHANCE FITNESS

Monday, Wednesday, Friday

9:30-10:30am

A group exercise class.

PRAYER POWER

Tuesdays 9:15-9:45am

Prayer—key to heaven's storehouse.

Everyone welcome!

CHRISTIAN WRITERS

Tuesdays 3pm

A critique group.

NATURAL ANTIBIOTIC REMEDIES

September 10 | 6:30-8:30pm

RELAY FOR LIFE

1st Tuesday 7:30-8:30pm

People interested in fighting cancer.

CAREGIVER'S SUPPORT GROUP

1st & 3rd Tuesdays 1:30pm

Resources, education, connections.

Please park on the street.

SURVIVING SUICIDE LOSS

2nd Tuesday 5:15pm

Share your stories, talk openly, & listen without judgment.

ALZHEIMER'S ASSOCIATION CAREGIVER'S SUPPORT GROUP

2nd & 4th Tuesdays 1:30pm

Supporting anyone caring for someone with Alzheimer's or Dementia

TRI-STATE STEELHEADERS

1st Wednesday 6-8:30pm

MOBILE DEVICE 101

2nd Wednesday 2-5pm

Learn how to use your mobile devices.

Presented by Inland Cellular.

NATIONAL ASSOCIATION OF MENTAL ILLNESS (NAMI)

4th Wednesday 7pm

Information, support, & advocacy.

OVEREATER'S ANONYMOUS

Sundays 9:30 am

A 12-step group addressing compulsive overeating and other food issues.

Call (509) 526-0641 or visit oa.org for more information.

ALCOHOLICS ANONYMOUS

Sundays 10-11:30am

Wednesdays 7-8:30pm

Saturdays 1-2:30pm

A 12-step program to help those struggling with alcoholism.

DIABETES UNDONE

September 12 - October 10

Sunday & Thursdays 6-8:30pm

Learn the lifestyle steps to undo type 2 diabetes.

DEPRESSION RECOVERY

October 13 - December 12

Sunday & Thursday 6:30-8pm

COMPASSIONATE FRIENDS

3rd Sunday 4-6pm

Support group for parents, grandparents, and siblings who have lost a child.

SONBRIDGE

DON'T JUST GO THROUGH LIFE.
GROW THROUGH IT!

2019 FALL SCHEDULE



SONBRIDGE

CONNECT LIVES. EMPOWER CHANGE.

admin@sonbridge.org | (509) 529-3100 | sonbridge.org
1200 SE 12th Street | College Place, WA 99324

SonBridge
MON-THU
9am-5pm
(509) 529-3100

Thrift & Gift Store
SUN-TUE & THUR
10am-4pm
(509) 529-3100

Dental Clinic
By appointment
(509) 956-3165

SOS Clinic
MON 5-7pm
WED 3-5pm
(509) 529-1481

  **FIND US!**