



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Place your hand over your heart. Feel that? That's called PURPOSE. You're alive for a reason. Don't forget it.</p>		<p>National Suicide Prevention Hotline: (855) 587-6373 OR Text "CONNECT" to 741741</p>		<p>1 Harbor open 9:00 Resume Building 1:30-3pm Friday Movie Frenzy 3:00-5:45pm</p>
<p>4 Breakfast Club 9:00-10:30am Resume Building 11:00am-12:00pm Job Search 12:00-1:00pm</p>	<p>5 Late open 10:30 Ted Talk Tuesday 1:30-2:30pm "Bored" Games 3:30-5pm</p>	<p>6 Food Bank run 8:00-10am 11:15-1:30 Drop-in 2:00-3:00pm Free Style Art 4-5:30pm</p>	<p>10 "WII" Should Play 12:00-2:30pm Budget Baking 3:30-4:30 FREE Dinner 4-5:45pm</p>	<p>11 Harbor open 9:00 Fresh Produce Friday 1p-2:30 Friday Movie Frenzy 3:00-5:45pm</p>
<p>11 Breakfast Club 9:00-10:30am Resume Building 11:00am-12:00pm Job Search 12:00-1:00pm</p>	<p>12 Breakfast Club 9:00-10:00am Ted Talk Tuesday 1:30-2:30pm "Bored" games 3:30-5:00pm</p>	<p>13 Harbor open 9:00 closed 11:15-1:30 Drop-in 2:00-3:00pm Free Style Art 4-5:30pm</p>	<p>14 "WII" Should Play 12:00-2:30pm Budget Baking 3:30-4:30 FREE Dinner 4-5:45pm</p>	<p>15 Harbor open 9:00 Resume Building 1:30-3pm Friday Movie Frenzy 3:00-5:45pm</p>
<p>18 <u>CLOSED FOR PRESIDENTS DAY</u></p>	<p>19 Helping Hand Food bags 8:30AM-10:30 Ted Talk Tuesday 1:30-2:30pm "Bored" games 3:30-5:00pm</p>	<p>20 Harbor open 9:00 closed 12:15-1:30 Drop-in 2:00-3:00pm Free Style Art 4-5:30pm</p>	<p>21 "WII" Should Play 12:00-2:30pm Budget Baking 3:30-4:30 FREE Dinner 4-5:45pm</p>	<p>22 Harbor open 9:00 Resume Building 1:30-3pm Friday Movie Frenzy 3:00-5:45pm</p>
<p>25 Breakfast Club 9:00-10:30am Resume Building 11:00am-12:00pm Job Search 12:00-1:00pm Closed 2:30-4:30</p>	<p>26 Breakfast Club 9:00-10:00am Ted Talk Tuesday 1:30-2:30pm "Bored" games 3:30-5:00pm</p>	<p>27 Harbor open 9:00 closed 12:15-1:30 Drop-in 2:00-3:00pm Free Style Art 4-5:30pm</p>	<p>28 "WII" Should Play 12:00-2:30pm Budget Baking 3:30-4:30 FREE Dinner 4-5:45pm</p>	

THE HARBOR

ON MAIN

707-994-5486

145 s. Main St. Lakeport CA

Open Mon-Fri 9am-6pm*

The Harbor will be closed on February 18th for Presidents' Day!

"We don't fight racism with racism, the best way to fight racism is with solidarity."

-Bobby Seale

Black Panther Party

WHO WAS BOBBY SEALE?

In recognition of Black History Month we would like to recognize Bobby Seale. Bobby Seale along with Huey P. Newton, founded the Black Panther Party. They adapted the slogan "freedom by any means necessary" and started the Black Panther Party to fight the blatant racism going on in the 1960s after Malcom X was assassinated in 1965. He helped write the "10 Point Program" that outlined the request for 10 basic needs for African Americans during that time which was a huge deal for those experiencing such extreme prejudice.

WHAT DO WE OFFER?

This month we have lots of activities going on!

- Budget Baking
- Employment Support
- Friday Movie Frenzy
- Counseling/Substance use referrals
- Video Games!!(WII and Game Cube)
- "Take a Bite out of Hunger" Days

Come by and let us know of anything you might want help with!

*Please refer to calendar for intermittent closures



FREE HYGIENE SUPPLIES

