

HP FEBRUARY PROGRAMS

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 START 28 Day Less Alcohol Challenge	2	3	4	5	6	7
8	9 <i>Last day to register for the challenge</i>	10 Inter-Comm 0900-1200	11	12 Managing Angry Moments Part 1 0900-1400	13	14
15	16	17	18	19 Managing Angry Moments Part 2 0900-1400	20	21
22	23	24 RitCAF 0800-1600	25	26 Mental Fitness & Suicide Awareness 0800-1600	27	28 FINISH 28 Day Less Alcohol Challenge

1st to 28th of February, join us in the 28-day Less Alcohol Challenge! Register below by Feb. 9:

SCAN HERE TO REGISTER