



ARA NEWS

January 2023



Daily Affirmations

I am enough

I am ready for a new day

I trust the process

I can do anything i set my mind to

I am worthy of all the good things
the world has to offer

I am safe in the present moment

I am a magnet to new opportunities

Happy New Year!

With all of the busy holiday festivities done, we are now going to focus on programs and workshops in our community for everyone to use. These programs will range from GED programs to information on mental health and living with a mental illness. Lets welcome 2023 with open arms for a new year and new opportunities. In the New Year i would like everyone to try doing at least 1 daily affirmation. Look at yourself in the mirror and say one of the phrases out loud.

"I can do anything i set my mind to"

Contact your Community Support Coordinator if you have any questions

Phone: (506) 866-8558

Email: csc@arainc.org

Programs & Workshops



HOUSING WORKSHOP
MONDAYS 1PM-3PM

108 HIGH STREET, MONCTON



LITERACY AND GED
PROGRAM

MON, WED, THURS - 4PM-6PM

Contact:

brooklyn.white@hhatlantic.org



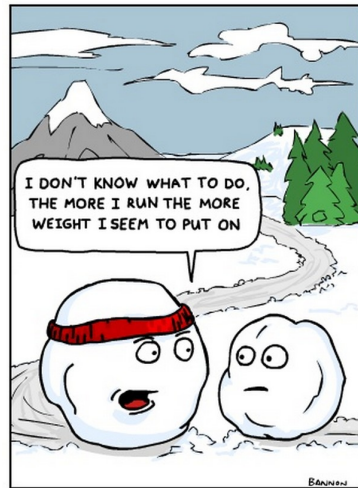
MONCTON LIONS CLUB
MEMBERSHIP: 30\$/YEAR
9AM-4:30PM

For a membership for events happening in moncton you will need to go to the moncton lions club and fill out a membership form and pay 30\$ for the year



LIVING LIFE TO THE FULLEST
TUESDAYS, 6PM-7:30PM STARTING JAN
10TH-FEB 28TH
MONCTON LIBRARY

Pre-registration is mandatory: email or call
: Denise.miller@gnb.ca - (506) 859-8114



“What the New year brings to you will depend a great deal on what you bring to the New Year”



In the Community

Dieppe Aquatic Center
Adult 10\$ & student/50+ 8\$

Outdoor Skating Oval
free, everyday 10am-9pm
Fridays: 6pm-9pm free skate and helmet rental

Fun on Ice
Jan 6th,13th,20th,27th
6:30pm-8pm
Skate and Listen to some awesome music

Friday Night Magic
Jan 6th, 6:30-10pm
Comic Hunter Moncton
5\$ door fee

Rotary Trivia Night
St Louis- 1405 mountain road
6:30 (line starts at 5:30)
10\$ per person
winners get 50% of door money

Moncton Library
Jan 3rd - Tarot for Beginners 7pm
Jan 5th - Craft for Seniors 10am
Jan 10th - Chess 6pm