

MARCH 2025

SUN

MON

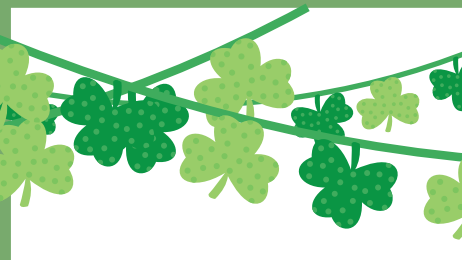
TUE

WED

THU

FRI

SAT



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11

12
Mindful Motherhood
Wellness Open House
at TFS
11am-2pm

13

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16

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18

19
Your 'New Normal'
Class
10am-11:30am

20

21
TFS Mamas Support
Group
10am-11:30am

22

23

24

25

26
Baby Basics
10am-11:30am

27

28
TFS Mamas Support
Group
10am-11:30am

29

30

31



Triangle Family Services

APRIL 2025

SUN

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Blue Pinwheels are the national symbol for child abuse and neglect prevention.

1

2

Welcome Home!
Support Group
10am-11:30am

3

4

TFS Mamas Support
Group
10am-11:30am

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9

Navigating Emotions
During Pregnancy
Class & Support Group
10am-11:30am

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11

TFS Mamas Support
Group
10am-11:30am

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13

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15

16

Your 'New Normal'
Class
10am-11:30am

17

18

TFS will be closed in
observance of the
Holiday

19

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23

Baby Basics
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Group
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Triangle Family Services

MAY 2025

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Triangle Family Services



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23

24

 Green ribbons nationally symbolize the 'End the Stigma' Movement in May for Mental Health Awareness Month.
25

TFS will be closed in observance of the Holiday
26

27

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10am-11:30am
28

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