







October 2025

Journey To A Better Us

A Deeper Look:

Date	Event
October 5th	2025 Cheesy Pretzel 5k and 1 mile walk start @ 8:00am

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Overflow 2:15pm-4:00pm (HS Only)	2 Overflow 2:15pm-4:00pm (HS Only) Going Deeper 5:00PM-9:00PM (MS and HS)	3 One to Ones by Appointment	4
5 	6 Overflow 2:15pm-4:00pm (HS Only)	7 Support Groups @ 6:30pm-8:30pm (MS & HS)	8 EARLY RELEASE Overflow 1:00 pm-2:30 pm (HS Only)	9 Overflow 2:15pm-4:00pm (HS Only) Going Deeper 5:00PM-9:00PM (MS and HS)	10 One to Ones by Appointment	11
12	13  H2O CLOSED	14 Support Groups @ 6:30pm-8:30pm (MS & HS)	15 Overflow 2:15pm-4:00pm (HS Only)	16 Overflow 2:15pm-4:00pm (HS Only) Going Deeper 5:00PM-9:00PM (MS and HS)	17 One to Ones by Appointment	18
19	20 Overflow 2:15pm-4:00pm (HS Only)	21 Support Groups @ 6:30pm-8:30pm (MS & HS)	22 EARLY RELEASE Overflow 1:00 pm-2:30 pm (HS Only)	23 Overflow 2:15pm-4:00pm (HS Only) Going Deeper 5:00PM-9:00PM (MS and HS)	24 One to Ones by Appointment	25
26	27 Overflow 2:15pm-4:00pm (HS Only)	28 Support Groups @ 6:30pm-8:30pm (MS & HS)	29 Overflow 2:15pm-4:00pm (HS Only)	30  One to Ones by Appointment	31  One to Ones by Appointment	

ATTENTION STUDENTS:

In order to participate in this month's programs—you must be registered with H2O for the 2025-2026 school year.

<https://bit.ly/H2Ostudentreg>

Transportation is Limited.

Students must sign up online for each program they would like to attend.

Links can be found at

www.hearthavenoutreach.org/teen/