



3751 Del Rey Blvd. Las Cruces, NM 88012  
575.382.3500 | 800.877.3500 | mesillavalleyhospital.com

## Psych Cuisine Calendar

### January

| Sun      | Mon | Tue | Wed | Thu | Fri | Sat |
|----------|-----|-----|-----|-----|-----|-----|
|          |     |     |     |     | 1   | 2   |
| 3        | 4   | 5   | 6   | 7   | 8   | 9   |
| 10       | 11  | 12  | 13  | 14  | 15  | 16  |
| 17       | 18  | 19  | 20  | 21  | 22  | 23  |
| 24<br>31 | 25  | 26  | 27  | 28  | 29  | 30  |

### February

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  |     |     |     |     |     |

January 8  
Behavioral Health & Nutrition  
11 a.m. – 1 p.m.

February 5  
Bipolar Spectrum Disorders  
11 a.m. – 1 p.m.

March 4  
Cultural Competency  
11 a.m. – 2 p.m.

April 1  
Childhood Sexual Abuse  
11 a.m. – 1 p.m.

May 6  
Ethics  
11 a.m. – 2 p.m.

June 3  
Spice Abuse & Treatment  
11 a.m. – 1 p.m.

July 8  
Alternative Therapies  
11 a.m. – 1 p.m.

August 5  
Addiction Treatment Interventions  
11 a.m. – 1 p.m.

September 9  
Workplace Bullying  
11 a.m. – 1 p.m.

October 7  
EMDR & CBT: Evidence-Based  
Trauma Treatments  
11 a.m. – 1 p.m.

November 4  
Anxiety & Panic Disorders  
11 a.m. – 1 p.m.

December 2  
Depressive Disorders  
11 a.m. – 1 p.m.

### March

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  |     |     |

### April

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

### May

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

### June

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  |     |     |

### July

| Sun      | Mon | Tue | Wed | Thu | Fri | Sat |
|----------|-----|-----|-----|-----|-----|-----|
|          |     |     |     |     | 1   | 2   |
| 3        | 4   | 5   | 6   | 7   | 8   | 9   |
| 10       | 11  | 12  | 13  | 14  | 15  | 16  |
| 17       | 18  | 19  | 20  | 21  | 22  | 23  |
| 24<br>31 | 25  | 26  | 27  | 28  | 29  | 30  |

### August

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

### September

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  |     |

### October

| Sun      | Mon      | Tue | Wed | Thu | Fri | Sat |
|----------|----------|-----|-----|-----|-----|-----|
|          |          |     |     |     |     | 1   |
| 2        | 3        | 4   | 5   | 6   | 7   | 8   |
| 9        | 10       | 11  | 12  | 13  | 14  | 15  |
| 16       | 17       | 18  | 19  | 20  | 21  | 22  |
| 23<br>30 | 24<br>31 | 25  | 26  | 27  | 28  | 29  |

### November

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |

### December

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

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