


# October 2020

| Monday   | Tuesday  | Wednesday | Thursday   | Friday    |
|--|--|-----------|--|-----------|
| <p>October's theme:<br/>Changing with the times</p>  |  |           | <p>1</p> <p>2:00- 2:45 Clip chat<br/>2:45-3:00 Break<br/>3:00-4:00 Perspective taking</p>  | <p>2</p>  |
| <p>5</p>   | <p>6</p> <p>1:00- 1:30 Yoga intro<br/>1:30-2:30 False guilt<br/>2:30- 3:00 break &amp; snack<br/>3:00- 4:00 Pictionary</p>   | <p>7</p>  | <p>8</p> <p>2:00-2:45 My Journey<br/>2:45-3:00 Break<br/>3:00-4:00 Paint pour art</p>  | <p>9</p>  |
| <p>12</p>  | <p>13</p> <p>1:00-2:00 Aroma Therapy<br/>2:00-2:20 Break<br/>2:20-3:00 Check In<br/>3:00-4:00 Conflict resolution skills</p> | <p>14</p> | <p>15</p> <p>2:00-2:45 Check In<br/>2:45-3:00 Break<br/>3:00-4:00 Open gym</p>   | <p>16</p> |
| <p>19</p>  | <p>20</p> <p>1:00- 2:00 Journaling in recovery<br/>2:00- 2:20 Break<br/>2:20-3:00 Quote<br/>3:00-4:00 Jeopardy</p>           | <p>21</p> | <p>22</p> <p>2:00-3:15 Pizza Plus topic<br/>"Forgiveness" Learning to forgive others and yourself<br/>3:15-4:00 Pizza social</p> | <p>23</p> |
| <p>26</p>  | <p>27</p> <p>1:00-2:00 Mood changes<br/>2:00-2:20 break &amp; snack<br/>2:20- 3:00 WTD<br/>3:00-4:00 PRRC BINGO</p>          | <p>28</p> | <p>29</p> <p>2:00-2:45 Overcoming negative thoughts<br/>2:45-3:00 break<br/>3:00-4:00 Team building art project</p>              | <p>30</p> |
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