



February 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 February's theme: "All things work better with Love"	2 1:00-2:00 Co- dependency 2:00-2:20 Break 2:20-3:30 clip chat 3:30- 4:00 Quote	3	4 2:00- 2:45 Clip chat 2:45-3:00 Break 3:00-4:00 Healthy Vs toxic relationships	5
8	9 1:00- 2:00 Power balance wheel 2:00- 2:20 break 2:20- 3:00 Quote 3:00-4:00 Jeopardy	10	11 2:00-2:45 My Journey 2:45-3:00 Break 3:00-4:00 Group art project or trivia	12
15	16 1:00-2:00 Love languages 2:00-2:20 Break 2:20-3:30 Benefits to couples counseling	17	18 2:00-2:45 Highs N lows 2:45-3:00 Break 3:00-4:00 Open gym	19
22	23 1:00- 2:00 Healing from domestic violence 2:00- 2:20 Break 2:20-3:00 WTD 3:00-4:00 BINGO	24	25 2:00-3:15 Pizza Plus "True friendships: How to develop them and keep them" 3:15-4:00 Pizza social	26