



January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
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January's theme: New possibilities				
4	5 1:00- 2:00 New Mindset 2:00- 2:20 break & snack 2:20-3:00 WTD 3:00- 4:00 Pictionary	6	7 2:00-2:45 Body dysmorphia 2:45-3:00 Break 3:00-4:00 Group art project or gym	8
11	12 1:00-2:00 Staying connected; Social interaction 2:00-2:20 Break 2:20- 4:00 Jeopardy	13	14 2:00-2:45 clip chat 2:45-3:00 break 3:00-4:00 True friendships	15
18	19 1:00- 2:00 Journaling in recovery 2:00- 2:20 Break 2:20-4:00 Relaxation techniques	20	21 2:00-2:45 Check In 2:45-3:00 Break 3:00-4:00 Open gym	22
25	26 1:00-2:00 Finding your strengths 2:00-2:20 break & snack 2:20- 3:00 WTD 3:00-4:00 PRRC BINGO	27	28 2:00-3:00 Pizza plus topic " Help for Self-harm" 3:00- 4:00 pizza social	29