



# May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 1:00-2:00 Stigma free 2:30- 3:00 break 3:00- 4:00 ADHD awareness	5	6 2:00-3:00 Money smart with Tiaera: Wood Forest Bank 2:45-3:00 Break 3:00-4:00 T-shirt design	7
10	11 1:00-2:00 Depressive disorder types 2:30- 3:00 break 3:00- 4:00 Tips for success	12	13 2:00-2:45 Dreams & aspirations 2:45-3:00 Break 3:00-4:00 Wheel of personal knowledge	14
17	18 1:00-2:00 Over coming toxic guilt 2:00-2:20 Break 2:20-3:00 quote 3:00-4:00 Jeopardy	19	20 2:00-3:00 Open gym 2:45-3:00 Break 3:00-4:00 2 little 2 much	21
24	25 1:00-2:00 Awareness: Schizophrenia 2:00- 2:20 Break 2:20-3:00 Quote 3:00-4:00 BINGO	26	27 2:00-3:15 Pizza Plus "Accepting Diagnosis." 3:30-4:00 Pizza social	28
31				 <p><i>Mental Health awareness month</i></p>



