



July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>July's Theme: "Autonomy" Freedom in Recovery</p>			<p>1</p> <p>2:00-2:45 Self awareness 2:45-3:00 Break 3:00-4:00 Paint pour group craft.</p>	<p>2</p>
<p>5</p>	<p>6</p> <p>1:00- 2:00 Rights & responsibilities 2:00- 2:20 break & snack 2:20-3:00 quote 3:00- 4:00 Trivia crack</p>	<p>7</p>	<p>8</p> <p>2:00-2:45 Social media consciousness 2:45-3:00 Break 3:00-4:00 Social anxiety tricks for large crowds</p>	<p>9</p>
<p>12</p>	<p>13</p> <p>1:00-2:00 Self respect 2:00-2:20 Break 2:20- 3:00 WTD 3:00- 4:00 Social cues</p>	<p>14</p>	<p>15</p> <p>2:00-2:45 Cleaning hacks 2:45-3:00 break 3:00-4:00 Conflict Resolution-Role play</p>	<p>16</p>
<p>19</p>	<p>20</p> <p>1:00- 2:00 Tools for decision making 2:00- 2:20 Break 2:20-2:40 Guided meditation</p>	<p>21</p>	<p>22</p> <p>2:00-2:45 Express yourself- Check in 2:45-3:00 Break 3:00-4:00 Open gym</p>	<p>23</p>
<p>26</p>	<p>27</p> <p>1:00-2:00 Mood management 2:00-2:20 break & snack 2:20- 3:00 WTD 3:00-4:00 PRRC BINGO</p>	<p>28</p>	<p>29</p> <p>2:00-3:00 Pizza plus topic "The effects of bullying & how to heal" 3:00- 4:00 pizza social</p>	<p>30</p>

