



October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Young Adult Mondays coming soon!! To be announced</p>				1
4	5 1:00- 2:00 Addiction support options 2:00- 2:20 Break 2:20-3:00 WTD 3:00- 4:00 Pictionary	6	7 2:00-2:45 Depression awareness 2:45-3:00 Break 3:00-4:00 Group art project or open gym	8
11	12 Closed for Fall Harvest Party	13	14 2:00-2:45 Emotional wellness 2:45-3:00 break 3:00-4:00 Pumpkin painting craft	15
18	19 1:00- 2:00 Resistance to recovery? 2:00- 2:20 Break 2:20-3:20 Dealing with SAD 3:20-4:00 UNO	20	21 2:00-3:00 Pizza plus topic " The affects of self medicating" 3:00- 4:00 pizza social	22
25 Young Adult Mondays coming soon!! To be announced	26 1:00-2:00 Phobias 101 2:00-2:20 break & snack 2:20- 3:00 WTD 3:00-4:00 PRRC BINGO	27	28 Closed for Bowling outing in EL- Please sign up by 10/18/21	29

