


November 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 1:00-2:00 Developing a grateful attitude 2:00-2:20 Break 2:20-3:00 Journaling prompt 3:00- 4:00 Question Jenga	3	4 2:00- 2:45 Recovery interfering behaviors 2:45-3:00 Break 3:00-4:00 Labeling	5
8	9 1:00-2:00 Coping skills 2:00- 2:20 break & snack 2:20- 3:00 quote 3:00-4:00 Jeopardy	10	11 2:00-3:15 Pizza Plus topic "Anger issues" 3:15-4:00 Pizza social	12
15	16 1:00-2:00 Respect vs. Love 2:00-2:20 Break 2:20-3:00 Check In 3:00-4:00 UNO	17	18 2:00-2:45 Open gym 2:45-3:00 Break 3:00-4:00 Sensitivity & awareness	19
22	23 1:00- 2:00 Open gym 2:00- 2:20 Break 2:20-3:00 Art 3:00-4:00 Stinking thinking	24	25 <i>Closed for Thanks giving holiday</i> 	26
29	30 1:00-2:00 Asking for help 2:00-2:20 Break 2:20-3:00 Hope quotes 3:00-4:00 BINGO			