



August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 August Theme: Summer Fun	2 1:00- 2:00 Autism spectrum 2:00- 2:20 break 2:20-3:00 Quote 3:00- 4: 00 Family Feud	3	4 2:00-3:00 Tips for ADD 3:00-3:15 break 3:15 -4:00 Strength's game	5
8	9 1:00-2:00 Schizoaffective 2:00-2:20 break 2:20-3:00 check in 3:00-4:00 MH Jeopardy	10	11 2:00-3:00 Personal boundaries 3:00-3:15 break 3:15-4:00 Trivia	12
15	16 1:00-2:00 Constructive criticism 2:00-2:20 Break 2:20- 3:00 clip chat 3:00-4:00 Uno or Spoons	17	18 2:00-3:15 Pizza Plus <i>"Living out your dreams" breaking down long term goals into short term successes"</i> 3:30-4:00 Pizza social	19
22	23 1:00-2:00 Mood check in 2:00-2:20 Break 2:20-3:00 Clip chat 3:00-4:00 Understanding others	24	25 2:00-3:00 Open gym 3:00-3:15 Break 3:20 -4:00 Gut Check	26
29	30 1:00-2:00 Transparency in recovery 2:00- 2:20 Break 3:00-4:00 BINGO	31		

