




November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1:00-2:00 Social wellness 2:00-2:20 Break 2:20-3:00 WTD 3:00-4:00 Healthy competition	2	3 2:00-3:00 DBT skills 3:00-3:15 Break 3:15 -4:00 Attitude of gratitude	4
7	8 1:00- 2:00 Comparisons 2:00- 2:20 break & snack 2:20-3:00 Quote 3:00- 4: 00 Jeopardy	9	10 2:00-3:00 Dealing affectively with family & the holidays 3:00-3:15 Break 3:15-4:00 Music speak team challenge	11
14	15 1:00-2:00 Help for Impulsivity 2:00-2:20 Break 2:20- 3:00 Clip chat 3:00-4:00 Fall lantern craft or cards	16	17 2:00-3:30Pizza plus “Mind over Mood” Managing your mood swings 3:30-4:00 Pizza social	18
21	22 1:00- 2:00 Open gym 2:00- 2:20 Break 2:20-3:00 Medication management 3:00-4:00 BINGO	23	24 Closed for Thanksgiving 	25
28	29 1:00-2:00 SAD 2:00-2:20- Break & snack 2:20-3:00 Clip chat 3:00-4:00 Community resources	30		

