



October 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-----------|---|--------|
| 3 October: Domestic violence awareness month | 4 1:00-2:00 Co-dependency 2:00-2:20 break & snack 2:20-3:00 Clip chat 3:00-4:00 Conflict resolution role play | 5 | 6 2:00-3:00 Trauma informed 3:10-4:00 Paint & sip or trivia | 7 |
| 10 | 11 1:00- 2:00 Stopping self - harm 2:00- 2:20 break & snack 2:20-3:00 Mood Check in 3:00- 4: 00 Jeopardy | 12 | 13 2:00-3:00 Open gym 3:00-3:15 Break 3:15-4:00 Hot seat | 14 |
| 17 | 18 1:00-2:00 Phobias 2:00-2:20 Break 2:20- 3:00 Pumpkin painting 3:00-4:00 Open gym | 19 | 20 Young adult Closed | 21 |
| 24 | 25 1:00-2:00 Guilt & shame 2:00- 2:20 Break 2:20-3:00 WTD 3:00-4:00 Strength based mindset | 26 | 27 2:00-3:30 Pizza plus "Addiction: when do you know you have a problem 3:30 -4:00 Pizza & socializing | 28 |
| 31 | | | | |

