




December 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | 1 2:00-3:00 Conquering social anxiety 3:00-3:15 Break 3:15 -4:00 Hot Seat | 2 |
| 5 | 6 1:00- 2:00 Signs of grooming 2:00- 2:20 break & snack 2:20-3:00 Quote 3:00- 4: 00 Ornament craft | 7 | 8 2:00-3:00 Dealing with disappointment 3:00-3:15 Break 3:15-4:00 Music Trivia | 9 |
| 12 | 13 1:00-2:00 Reducing stress 2:00-2:20 Break 2:20- 3:00 Clip chat 3:00-4:00 Cookie decorations | 14 | 15 Closed for Holiday Party (Must sign up by 12/1)  | 16 |
| 19 | 20 1:00- 2:00 Open gym 2:00- 2:20 Break 2:20-3:00 SAD 3:00-4:00 Holiday Jeopardy | 21 | 22 2:00-3:00 Pizza plus Managing family & the holidays 3:00-3:10 break 3:10-4:00 Pizza social | 23 |
| 26 | 27 1:00-2:00 Maslow's Hierarchy of Needs 2:00-2:20 Break 2:20-3:00 Clip chat 3:00-4:00 BINGO | 28 | 29 2:00- 3:00 Realistic expectations 3:00-3:10- Break 3:10-4:00 Open gym | |
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