



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	STIGMA MINDFULNESS	SUPPORTING WORRY & STRESS	CONFLICT & PROBLEM AFTERNOON CHAT	PERFECTIONISM WRAP	OOT MARKDALE PM TBD	
6	7	8	9	10	11	12
	STIGMA MINDFULNESS	SUPPORTING WORRY & STRESS	CONFLICT & PROBLEM AFTERNOON CHAT	PERFECTIONISM WRAP	OOT MARKDALE PM TBD	
13	14	15	16	17	18	19
	STIGMA BUDGETING FOLLOWUP	SUPPORTING WORRY & STRESS	CONFLICT & PROBLEM AFTERNOON CHAT	PERFECTIONISM 12 STEP/HARM REDUCTION	OOT SOUTHAMPTON PM TBD	
20	21	22	23	24	25	26
	OFF	OFF	AFTERNOON CHAT	OFF	OOT SOUTHAMPTON PM TBD	
27	28	29	30	1		
	CO-DEPENDENCY	SUPPORTING WORRY & STRESS	CONFLICT & PROBLEM AFTERNOON CHAT	EXIT DAY AM CLASS CELEBRATON		

AM CLASS – 10:00 AM – 12:00 PM

PM CLASS – 1:30 PM – 3:30 PM