



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				NO CLASS →		
4	5	6	7	8	9	10
	NO CLASS →					
11	12	13	14	15	16	17
	10:00 AM – 11:30 AM ORIENTATION	<u>BOUNDARIES</u> VISION BOARD	<u>SELF WORDS</u> AFTERNOON CHAT	<u>GOALS</u> WRAP	OOT KINCARDINE AM TBD	
18	19	20	21	22	23	24
	<u>MINDFULNESS</u> CHIME	<u>BOUNDARIES</u> VISION BOARD	<u>SELF WORDS</u> AFTERNOON CHAT	<u>GOALS</u> WRAP	OOT KINCARDINE AM TBD	
25	26	27	28	29	30	
	<u>MINDFULNESS</u> CHIME	<u>BOUNDARIES</u> VISION BOARD	<u>CHAT</u>	<u>WRAP</u>	OOT WIARTON PM TBD	

AM CLASS – 10:00 AM – 12:00 PM

PM CLASS – 1:30 PM – 3:30 PM