Recovery College



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
				DBT SKILLS PRACTICE		
		WORRY AND STRESS	AFTERNOON CHAT	W.R.A.P.	TO BE CONFIRMED: ART	
9	10	11	12	13	14	15
				DBT SKILLS PRACTICE		
		WORRY AND STRESS		W.R.A.P.		
16	17	18	19	20	21	22
				DBT SKILLS PRACTICE		
			AFTERNOON CHAT		TO BE CONFIRMED: ART	
23	24	25	26	27	28	29
				DBT SKILLS PRACTICE		