

# August

# 2021



# THRIVE

## Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Building Healthy Self-Esteem 10:30am-12pm	4 Building Healthy Self-Esteem 10:30am-12pm	5	6 Trauma Support <u>10am-11am</u> Daily Grind 12pm-1pm	7 Break Bad Habits 10:30am-12pm
8	9	10 Healthy Communication 10:30am-12pm	11 Healthy Communication 10:30am-12pm	12 Healthy Communication 10:30am-12pm	13 Trauma Support <u>10am-11am</u> Daily Grind	14 Break Bad Habits 10:30am-12pm
15	16	17 Healthy Communication 10:30am-12pm	18 Healthy Communication 10:30am-12pm	19	20 Trauma Support <u>10am-11am</u> Daily Grind	21 Break Bad Habits 10:30am-12pm
22	23	24 Understanding Addiction 10:30am-12pm	25 Understanding Addiction 10:30am-12pm	26 Understanding Addiction 10:30am-12pm	27 Trauma Support <u>10am-11am</u> Daily Grind	28 Break Bad Habits 10:30am-12pm
29	30	27	28	29	30	