

# July

# 2021



# THRIVE

## Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 Trauma Support <u>10am-11am</u> Daily Grind 12pm-1pm	10
11	12	13 Coping with Anxiety 10:30am-12pm	14 Coping with Anxiety 10:30am-12pm	15 Coping with Anxiety 10:30am-12pm	16 Trauma Support <u>10am-11am</u> Daily Grind	17 Self-Compassion 10:30-12pm
18	19	20 Coping with Anxiety 10:30am-12pm	21 Coping with Anxiety 10:30am-12pm	22 Coping with Depression 10:30am-12pm	23 Trauma Support <u>10am-11am</u> Daily Grind	24 Self-Compassion 10:30-12pm
25	26	27 Coping with Depression 10:30am-12pm	28 Coping with Depression 10:30am-12pm	29 Coping with Depression 10:30am-12pm	30 Trauma Support <u>10am-11am</u> Daily Grind 12pm-1pm	31 Self-Compassion 10:30-12pm