

November

2021



THRIVE
Learning Centre
Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Healthy Communication <u>10:30am-12pm</u> Effective Assertiveness 1:30pm-3pm	2 Healthy Communication <u>10:30am-12pm</u> Coping with Depression 1:30pm-3pm	3 Healthy Communication <u>10:30am-12pm</u> Effective Assertiveness 1:30pm-3pm	4 Coping with Depression 1:30pm-3pm	5 Trauma Support <u>10am-11am</u>	6
7	8 Managing Grief <u>10:30am-12pm</u> Caring for The Caregiver 1:30pm-3pm	9 Managing Grief <u>10:30am-12pm</u> Caring for The Caregiver 1:30pm-3pm	10 Managing Grief <u>10:30am-12pm</u> Caring for The Caregiver 1:30pm-3pm	11 Remembrance Day NO CLASS	12 Trauma Support <u>10am-11am</u>	13
14	15 When Substance Use Becomes Problematic <u>10:30am-12pm</u> Coping with Anxiety 1:30pm-3pm	16 When Substance Use Becomes Problematic <u>10:30am-12pm</u> Self-Stigma 1:30pm-3pm	17 When Substance Use Becomes Problematic <u>10:30am-12pm</u> Coping with Anxiety 1:30pm-3pm	18 Self-Stigma 1:30pm-3pm	19 Trauma Support <u>10am-11am</u>	20
21	22 Breaking Bad Habits <u>10:30am-12pm</u> Coping with Anxiety 1:30pm-3pm	23 Breaking Bad Habits <u>10:30am-12pm</u> Healthy Self-Love 1:30pm-3pm	24 Breaking Bad Habits <u>10:30am-12pm</u> Coping with Anxiety 1:30pm-3pm	25 Breaking Bad Habits <u>10:30am-12pm</u> Healthy Self-Love 1:30pm-3pm	26 Trauma Support <u>10am-11am</u>	27
28	29 Managing Stress <u>10:30am-12pm</u> Coping with Anxiety 1:30pm-3pm	30 Managing Stress <u>10:30am-12pm</u> Managing Anger 1:30pm-3pm				

