

# October

# 2021



# THRIVE

## Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 How to Get a Restful Sleep 1:30pm-3pm	5 Coping with Anxiety <a href="#"><u>10:30am-12pm</u></a> Coping with The Holidays 1:30pm-3pm	6 How to Get a Restful Sleep 1:30pm-3pm	7 Coping with Anxiety <a href="#"><u>10:30am-12pm</u></a> Coping with The Holidays 1:30pm-3pm	8 Trauma Support <a href="#"><u>10am-11am</u></a>	9
10	11 Thanksgiving Day  NO CLASS	12 Coping with Anxiety <a href="#"><u>10:30am-12pm</u></a>	13	14 Coping with Anxiety <a href="#"><u>10:30am-12pm</u></a>	15 Trauma Support <a href="#"><u>10am-11am</u></a>	16
17	18 Telling Your Story <a href="#"><u>10:30am-12pm</u></a>	19 Coping with Anxiety <a href="#"><u>10:30am-12pm</u></a> Recognizing Trauma 1:30pm-3pm	20 Telling Your Story <a href="#"><u>10:30am-12pm</u></a> Recognizing Trauma 1:30pm-3pm	21 Telling Your Story <a href="#"><u>10:30am-12pm</u></a> Recognizing Trauma 1:30pm-3pm	22 Trauma Support <a href="#"><u>10am-11am</u></a>	23
24	25 Healthy Communication <a href="#"><u>10:30am-12pm</u></a>	26 Journey to Recovery <a href="#"><u>10:30am-12pm</u></a> Coping with Depression 1:30pm-3pm	27 Healthy Communication <a href="#"><u>10:30am-12pm</u></a>	28 Journey to Recovery <a href="#"><u>10:30am-12pm</u></a> Coping with Depression 1:30pm-3pm	29 Trauma Support <a href="#"><u>10am-11am</u></a>	30
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