

# September

# 2021



# THRIVE

## Learning Centre

Your Journey Starts Here

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7 Managing Anger <u>10:30am-12:00pm</u> Effective Assertiveness 1:30pm-3:00pm	8 Effective Assertiveness 1:30pm-3:00pm	9 Managing Anger <u>10:30am-12:00pm</u> Effective Assertiveness 1:30pm-3:00pm	10 Trauma Support <u>10am-11am</u>	11
12	13 Self-Stigma <u>10:30am-12:00pm</u> Coping with Depression 1:30pm-3pm	14 Managing Anger <u>10:30am-12:00pm</u> Coping with Depression 1:30pm-3pm	15 Self-Stigma <u>10:30am-12:00pm</u> Coping with Depression 1:30pm-3pm	16 Managing Anger <u>10:30am-12:00pm</u> Coping with Depression 1:30pm-3pm	17 Trauma Support <u>10am-11am</u>	18
19	20 Coping with Stress <u>10:30am-12pm</u> Journey to Recovery 1:30pm-3pm	21 Managing Anger <u>10:30am-12:00pm</u> Healthy Self-Love 1:30pm-3pm	22 Coping with Stress <u>10:30am-12pm</u> Journey to Recovery 1:30pm-3pm	23 Managing Anger <u>10:30am-12:00pm</u> Healthy Self-Love 1:30pm-3pm	24 Trauma Support <u>10am-11am</u>	25
26	27 Breaking Bad Habits 10:30am-12pm	28 Breaking Bad Habits <u>10:30am-12pm</u> When Substance Use Becomes Problematic 1:30pm-3pm	29 Breaking Bad Habits <u>10:30am-12pm</u> When Substance Use Becomes Problematic 1:30pm-3pm	30 Breaking Bad Habits <u>10:30am-12pm</u> When Substance Use Becomes Problematic 1:30pm-3pm		

