

TUESDAYS: • Presentation [15-30 mins] • Discussion [60 mins] • Reflection [15 mins]

| Tuesday (1pm – 3pm)   |  | Thursday (1pm – 3pm)  |   |
|-----------------------|--|-----------------------|---|
| July 3 <sup>rd</sup>  | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Group Discussion:</b><br/><i>Understanding Boundaries</i></li> </ul>                  | July 5 <sup>th</sup>  | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Art Journaling: Intuitive Drawing</b></li> </ul> |
| July 10 <sup>th</sup> | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Group Discussion:</b><br/><i>How Boundaries are Formed</i></li> </ul>                 | July 12 <sup>th</sup> | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Drawing Patterns: ZenTangles</b></li> </ul>      |
| July 17 <sup>th</sup> | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Group Discussion:</b><br/><i>Your Personal Boundary System</i></li> </ul>             | July 19 <sup>st</sup> | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Nature Inspired Drawing</b></li> </ul>           |
| July 24 <sup>th</sup> | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Group Discussion:</b><br/><i>Guarantees &amp; Challenges of Boundaries</i></li> </ul> | July 26 <sup>th</sup> | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Creative Writing: Writing Prompts</b></li> </ul> |
| July 31 <sup>st</sup> | <ul style="list-style-type: none"> <li>• Chair Exercises</li> <li>• <b>Group Discussion:</b><br/><i>Becoming your own Best friend</i></li> </ul>             |                       |   |

THURSDAYS: • Movement [15 mins] • Self-Expression [60+ mins] • Affirmation [15 mins]

**\*\*JULY HOURS ARE TUESDAYS & THURSDAYS 1pm – 3pm\***