

Tuesday (1pm – 3pm)	Thursday (1pm – 3pm)
	August 2 nd <ul style="list-style-type: none"> • Chair Exercises • Art Journaling: Meet your inner child
August 7 th <ul style="list-style-type: none"> • Chair Exercises • Group-led Discussion: Know when to hold ‘em <i>A supportive and compassionate group where members share in and talk about their challenges.</i> 	August 9 th <ul style="list-style-type: none"> • Chair Exercises • Art Journaling: A dialogue with your dream
August 14 th <ul style="list-style-type: none"> • Chair Exercises • Group-led Discussion: Empathic listening <i>A supportive and compassionate group where members share in and talk about their challenges.</i> 	August 16 th <ul style="list-style-type: none"> • Chair Exercises • Working with your hands
August 21 st <ul style="list-style-type: none"> • Chair Exercises • Group-led Discussion: Compassion <i>A supportive and compassionate group where members share in and talk about their challenges.</i> 	August 23 rd <ul style="list-style-type: none"> • Chair Exercises • Creative Writing: Active Imagination
August 28 th <ul style="list-style-type: none"> • Chair Exercises • Group-led Discussion: The power of quiet <i>A supportive and compassionate group where members share in and talk about their challenges.</i> 	August 30 th <ul style="list-style-type: none"> • Chair Exercises • Art Journaling: Active Imagination

TUESDAYS: • Movement [15 mins] • Discussion [90 mins] • Reflection [15 mins]

THURSDAYS: • Movement [15 mins] • Self-Expression [90 mins] • Reflection [15 mins]

****AUGUST HOURS ARE TUESDAYS & THURSDAYS 1pm – 3pm***