

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 29 5.30pm: Orientation & Introductions (60 min)	March 30	March 31	1 5:30pm Group Training (30 mins)	2	3	4
5 5:30pm Group Training (30 mins)	6	7	8 5:30pm Group Training (30 mins)	9	10 11.30 am: Nutrition (60 min)	11
12 5:30pm Group Training (30 mins)	13	14	15 5:30pm Group Training (30 mins)	16	17 12pm: Psychoeducation – Art Therapy	18
19 5:30pm Group Training (30 mins)	20	21	22 5:30pm Group Training (30 mins)	23	24 2.30pm: Nutrition (60 min)	25
26 5:30pm Group Training (30 mins)	27	28	29 5:30pm Group Training (30 mins)	30		

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 12pm: Psychoeducation – Coping Strategies	2
3 5:30pm Group Training (30 mins)	4	5	6 5:30pm Group Training (30 mins)	7	8 5.30pm: Nutrition (60 min)	9
10 5:30pm Group Training (30 mins)	11	12	13 5:30pm Group Close (45 min)	14	15	16

