october 2024 

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 **Happy Halloween**

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|  **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| *Skeleton outline* | 110- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT11-DEPRESSION SUPPORT12-PROCOVERY1-3-RELATIONSHIP RECOVERY | 210- TRIVIA11-THOUGHTS & FEELINGS12-REFUGE RECOVERY1-BIPOLAR SUPPORT2-TX COURT 3-TRAUMA RECOVERY | 310-MENS GROUP11- DBT TOOLS12-WELLNESS GROUP1-MOVIE GROUP | 410-WEEKLY REFLECTION11-ART12-DUAL RECOVERY1-SOBEROKEE |
|  |  |  |  |  |
| 710- WOMENS GROUP11-ANXIETY & PANIC SUPPORT12-SMART1-BUILDING SELF-ESTEEM | 810- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT11-DEPRESSION SUPPORT12-PROCOVERY1-3-RELATIONSHIP RECOVERY | 910- TRIVIA11-THOUGHTS & FEELINGS12-REFUGE RECOVERY1-BIPOLAR SUPPORT2-TX COURT 3-TRAUMA RECOVERY | 1010-MENS GROUP11- DBT TOOLS12-WELLNESS GROUP1-VETERANS SUPPORT1-MOVIE GROUP | 1110-WEEKLY REFLECTIOPN11-ART12-DUAL RECOVERY1-SOBEROKEE |
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| 149-WRAP10- WOMENS GROUP11-ANXIETY & PANIC SUPPORT12-SMART1-BUILDING SELF-ESTEEM | 1510- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT11-DEPRESSION SUPPORT12-PROCOVERY1- 3-RELATIONSHIP RECOVERY | 1610- TRIVIA11-THOUGHTS & FEELINGS12-REFUGE RECOVERY1-BIPOLAR SUPPORT2-TX COURT 3-TRAUMA RECOVERY | 1710-MENS GROUP11-DBT TOOLS12-WELLNESS GROUP1-MOVIE GROUP | 1810-WEEKLY REFLECTION11-ART12-DUAL RECOVERY1-SOBEROKEE |
| 219-WRAP10- WOMENS GROUP11-ANXIETY & PANIC SUPPORT12-SMART1-BUILDING SELF-ESTEEM | 2210- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT11-DEPRESSION SUPPORT12-PROCOVERY1-3-RELATIONSHIP RECOVERY | 2310- TRIVIA11-THOUGHTS & FEELINGS12-REFUGE RECOVERY1-BIPOLAR SUPPORT2-TX COURT 3-TRAUMA RECOVERY  | 2410-MENS GROUP11-DBT TOOLS12-WELLNESS GROUP1-VETERANS SUPPORT1-MOVIE GROUP | 2510-WEEKLY REFLECTION11-ART12-DUAL RECOVERY1-SOBEROKEE |
| 289-WRAP10- WOMENS GROUP11-ANXIETY & PANIC SUPPORT12-SMART1-BUILDING SELF-ESTEEM | 2910- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT11-DEPRESSION SUPPORT12-PROCOVERY 1-3-RELATIONSHIP RECOVERY | 3010- TRIVIA11-THOUGHTS & FEELINGS12-REFUGE RECOVERY1-BIPOLAR SUPPORT2-TX COURT 3-TRAUMA RECOVERY  | 31 Halloween Party9-2:30Costumes Encouraged! | Happy Halloween! |