

HOLISTIC WELL-BEING SCHEDULE

LENGTH: 12 Weeks

DATES: Start Sep 10 2024 - End Dec 3, 2024

Time: 6:00-7:30 PM

DATE / TIME	WEEK	TOPICS
Tue, Sep 10, 2024 6 - 730 PM	1	Introductions, Get to Know, Overview
Tue, Sep 17, 2024 6 - 730 PM	2	Brain Architecture Game & ACES (Adverse Childhood Experiences)
Tue, Sep 24, 2024 6 - 730 PM	3	Brain Architecture Follow up: Substances and their impacts
Tue, Oct 1, 2024 6 - 730 PM	4	Basic Needs (food, water, shelter)
Tue, Oct 8, 2024 6 - 730 PM	5	Basic Needs (sleep & hygiene)
Tue, Oct 15, 2024 6 - 730 PM	6	Balance - Wellness Wheel
Tue, Oct 22, 2024 6 - 730 PM	7	Balance - Circle of Courage
Tue, Oct 29, 2024 6 - 730 PM	8	Emotional Skills - Feelings & Mood Meter
Tue, Nov 5, 2024 6 - 730 PM	9	Emotional Skills - Symptoms, Behaviors, Triggers
Nov 12, 2024		FALL BREAK
Tue Nov 19, 2024 6 - 730 PM	10	Strategies for Big Emotions
Tue, Nov 26, 2024 6 - 730 PM	11	Safety & Natural Supports
Tue, Dec 3, 2024 6 - 730 PM	12	Celebration & Reflection