

# Skills Academy



## Upcoming Topics in April

|      |                     |                                     |
|------|---------------------|-------------------------------------|
| 4/1  | Wednesday at 12PM   | Spirituality                        |
| 4/2  | Thursday at 10:30AM | Know Your Rights                    |
| 4/3  | Friday at 12PM      | Strategies to Quit Drinking II      |
| 4/7  | Tuesday at 9am      | Diet & Nutrition                    |
| 4/8  | Wednesday at 12PM   | Living Your Values                  |
| 4/9  | Thursday at 10:30AM | Taking Care of Yourself             |
| 4/10 | Friday at 12PM      | Coping with Substance Triggers II   |
| 4/14 | Tuesday at 9am      | Improving Sleep                     |
| 4/15 | Wednesday at 12PM   | Ending the Stigma                   |
| 4/16 | Thursday at 10:30AM | Understanding Your Substance Use I  |
| 4/17 | Friday at 12PM      | Managing an Emotional Crisis        |
| 4/21 | Tuesday at 9am      | Exercise                            |
| 4/22 | Wednesday at 12PM   | Overdose Protection                 |
| 4/23 | Thursday at 10:30AM | Understanding Your Substance Use II |
| 4/24 | Friday at 12PM      | Handling Difficult Emotions         |
| 4/28 | Tuesday at 9am      | Dealing with Life Setbacks          |
| 4/29 | Wednesday at 12PM   | Withdrawal and Detox                |
| 4/30 | Thursday at 10:30AM | Planning for High-Risk Situations   |

**30-minute DROP-IN GROUPS FOR ALL STAGES**