

Skills Academy

Upcoming Topics in April



6/2	Tuesday at 9am	Overdose Protection
6/3	Wednesday at 12PM	Understanding Your Substance Use I
6/4	Thursday at 10:30AM	Coping with Substance Triggers II
6/5	Friday at 12PM	Lowering Your Anxiety
6/9	Tuesday at 9am	Withdrawal and Detox
6/10	Wednesday at 12PM	Understanding Your Substance Use II
6/11	Thursday at 10:30AM	Managing An Emotional Crisis
6/12	Friday at 12PM	Communication Skills I
6/16	Tuesday at 9am	Management of Use
6/17	Wednesday at 12PM	Planning for High-Risk Situations
6/18	Thursday at 10:30AM	Handling Difficult Emotions
6/19	Friday at 12PM	Asking for Help
6/23	Tuesday at 9am	A Different Way of Looking at Substance Use
6/24	Wednesday at 12PM	Tracking Your Uses & Cravings
6/25	Thursday at 10:30AM	Accepting Distress
6/26	Friday at 12PM	Managing Anger I

30-minute DROP-IN GROUPS FOR ALL STAGES