

Skills Academy

Upcoming Topics in September



9/1	Tuesday at 9am	Strategies to Quit Drinking II
9/4	Friday at 12PM	Exercise
9/8	Tuesday at 9am	Coping with Substance Triggers II
9/11	Friday at 12PM	Dealing with Life Setbacks
9/15	Tuesday at 9am	Managing an Emotional Crisis
9/18	Friday at 12PM	Quitting Smoking
9/22	Tuesday at 9am	Handling Difficult Emotions
9/25	Friday at 12PM	Spirituality
9/29	Tuesday at 9am	Accepting Distress

30-minute DROP-IN GROUPS FOR ALL STAGES