

Skills Academy

Upcoming Topics in July

07/01	Wednesday at 12PM	Coping with Substance Triggers 1
07/02	Thursday at 1030AM	Self-Compassion Skills
07/03	Friday at 12PM	Clinic Closed *HOLIDAY*
07/07	Tuesday at 9AM	Know Your Rights
07/08	Wednesday at 12PM	Strategies to Quit Drinking 1
07/09	Thursday at 1030AM	Self-Worth Skills
07/10	Friday at 12PM	Building A Supportive Community
07/14	Tuesday at 9AM	Taking Care of Yourself
07/17	Friday at 12PM	Communication Skills 2
07/21	Tuesday at 9AM	Understanding Your Substance Use 1
07/24	Friday at 12PM	Setting Boundaries 1
07/28	Tuesday at 9AM	Understanding Your Substance Use 2
07/31	Friday at 12PM	Managing Anger 2

30-minute DROP-IN GROUPS FOR ALL STAGES

A decorative border of various tropical leaves, including monstera and palm fronds, in a golden-brown color, framing the central white space.

30-minute DROP-IN GROUPS FOR ALL STAGES