

Skills Academy

Upcoming Topics in October

10/02	Friday at 12PM	Living your Values
10/06	Tuesday at 9AM	Self-Compassion Skills
10/09	Friday at 12PM	Ending the Stigma
10/13	Tuesday at 9AM	Self-Worth Skills
10/16	Friday at 12PM	Overdose Protection
10/20	Tuesday at 9AM	Self Esteem in Relationships
10/23	Friday at 12PM	Withdrawal and Detox
10/27	Tuesday at 9AM	Coping with Depression
10/30	Friday at 12PM	Management of Use

30-minute DROP-IN GROUPS FOR ALL STAGES