

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1: 9:30 – 10:00	Weekly goal setting	Affirmations	Meditation	Affirmations	Affirmations		
10:00 – 11:00	Self Esteem: Understand/Define	Self Esteem: Negative Self Talk	Self Esteem: Nurturing	Self Esteem: Positive Self Talk	Self-esteem: How others see you/Movie	10:00 – 12:00 Art Therapy	Weekly homework
11:15 – 12:15	Understanding Depression	Inner Healing	Family and your depression/community meeting	Gratitude's	Creative Skills		
1:30 – 2:30	Creative Skills	Support	Walk	Support			
3:00 – 4:00	Art Therapy	Therapy Group	Therapy Group	Therapy Group			
WEEK 2: 9:30 – 10:00	Weekly goal setting	Meditation	Affirmations	Meditation	Affirmations		
10:00 – 11:00	Boundaries	Healthy and Toxic Relationships	Co Dependency/ Community meeting	Conflict management	Anger management/Movie	10:00 – 12:00 Art Therapy	Weekly Homework
11:15 – 12:15	Denial	Anxiety and Panic Attacks	Relaxation Therapy	Managing Criticism	Creative Skills		
1:30 – 2:30	Creative skills	Support	Walk	Creative Skills			
3:00 – 4:00	Art Therapy	Therapy Group	Therapy Group	Therapy Group			
WEEK 3: 9:30 – 10:00	Weekly goal Setting	Meditation	Affirmations	Journaling	Affirmations		
10:00 – 11:00	Trust	Stress: Definition	Grief and Loss	Goal Setting	Gratitude's/ Movie		
11:15 – 12:15	Inner Child Concept	Stress: Healthy Copers	Support System	Time Management		10:00 – 12:00 Art Therapy	Weekly Homework
1:30 – 2:30	Creative Skills	Support	Walk	Creative Skills			
3:00 – 4:00	Art Therapy	Therapy Group	Therapy Group	Therapy Group			