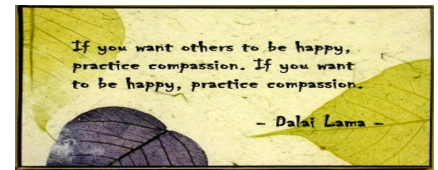




# Living Miracles Activities Calendar October 2018



Sun	Mon 12-4pm <b>Emotion Regulation &amp; Social Skills</b>	Tues 12-3pm <b>Mind Over Mood and Peer Support</b>	Wed 12-4pm <b>Life Skills and Problem Solving Group</b>	Thurs 12-3pm <b>Addictions and Creative Arts</b>	Fri 12-4pm <b>Relationship Group &amp; Social Activities</b>	Sat
	<b>1 12:30pm:</b> Making Self-esteem brochures Jenny/Amy  <b>2pm: Membership Meeting!</b> 	<b>2 12:30:</b> Shedding self-judgment Marc  <b>2pm:</b> Politeness in Social Settings Marc/Nielynn  	<b>3 12:30:</b> Better Eating Club Marc/Jenny  <b>2pm:</b> What are your Likeable qualities? Jenny <b>3pm:</b> Walking Group	<b>4 12:30:</b> Mental Health and Addiction Marc  <b>2pm:</b> What motivates you? Marc/Nielynn	<b>5 12:30:</b> Codependent Relationships Amy  <b>2pm:</b> Forgiveness Jenny  <b>3pm:</b> Sharing our Favorite Quotes! Jennifer	<b>6</b>
<b>7</b>	<b>8 12:30pm:</b> Fight, Flight or Freeze Amy  <b>2pm:</b> Why kindness matters Jenny  <b>3pm:</b> Our Role Models Amy/Jenny	<b>9 12:30:</b> Inner Self-worth Marc  <b>2pm:</b> Body movement and Tai Chi Marc/Nielynn  	<b>10 12:30 – 3:30</b> <b>Nature Walk at Rocky River Reservation</b>   <b>Enjoy Fall Foliage!</b>	<b>11 12:30 – 3pm:</b> Our Spirit Animal Art Project  	<b>12 12:30:</b> Dealing with Loneliness Jenny  <b>2pm:</b> Families... UGH Jennifer  <b>3pm:</b> BINGO!	<b>13</b>
<b>14</b>	<b>15 12:30:</b> Managing Anxiety Jenny  <b>2pm:</b> MOVIE MONDAY & FREE POPCORN!	<b>16 12:30:</b> Power of Acceptance Marc <b>2pm:</b> 2 Truths and a Lie Nielynn 	<b>17 12-4</b> <b>Art Museum and Sweet Moses!</b> <b>\$3.00 each</b>	<b>18 12:30:</b> Spending too Much? Marc  <b>2pm:</b> Peer Support Nielynn	<b>19 12:30 – 2:45:</b> Conflict Resolution Amy/Jennifer  <b>3pm:</b> Let's Sing and Dance! Jenny	<b>20</b>
<b>21</b>	<b>22 12:30:</b> Wise Mind Amy  <b>2pm:</b> Laughter is the Best Medicine Jenny  <b>3pm:</b> Conversation and Tea Amy/Jenny	<b>23 12:30:</b> Creating Positive Feelings Marc  <b>2pm:</b> Music Group Marc/Nielynn  	<b>24 12:30:</b> Social Self-Awareness Marc  <b>2pm:</b> Social Awkwardness Jenny  <b>3pm:</b> Mood Swings Nielynn	<b>25 12:30:</b> Alcoholism in the Family Nielynn  <b>2pm:</b> Making Halloween Masks Marc	<b>26 12-3pm:</b> <b>Halloween Party! Games, Fun, Food and Music!</b>  	<b>27</b>
<b>28</b>	<b>29 12:30:</b> Our self – worth Jenny  <b>2pm:</b> Tai Chi Jennifer/Amy	<b>30 12:30:</b> Loving Our Selves Nielynn  <b>2pm:</b> Superstitions Marc	<b>31 12:30:</b> Halloween Memories Marc <b>2-3:30:</b> Corn Hole and Games Nielynn	<b>New Member Orientation is Monday through Friday between 12-12:30pm. For more information, please call us at: 216-727-0220 or visit our website at: <a href="http://thelivingmiracles.org">thelivingmiracles.org</a></b>		

	<b>3pm: Fun &amp; Games</b>					
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