



JULY 2026 - MODULE 5

TRUST AND ATTACHMENTS



WEEKLY DROP-IN SPACES



COFFEE & CHECK-IN



Coffee, chat, or just exist — no pressure.



TANGLED UP IN THREAD



Knitting, crochet, and slow creativity.



DIAMOND PAINTING



Quiet, calming, and focus-based.



CRAFTERS & COFFEE



Simple crafts and easy connection.



BACKYARD & BANTER



Fresh air, conversation, and community.

CRAFTS & CREATIVE REGULATION



PANTRY MEAL PREP



Cooking together while building skills.



CRICUT DAY



Finish projects and get creative.



CREATIVE CHAOS DAY



Flexible space for creative expression.

SPECIAL EVENTS



THRIFT CHALLENGE



Creativity, teamwork, and fun.



WALK & ICE-CREAM



Fresh air, movement, and connection.



CHALK & BUBBLE PARTY



Creative outdoor fun and movement.

GAMES & GROUP FUN



UNO / SKIP-BO



Fun, connection, and light competition.



THE COMPATIBILITY GAME



Explore values and relationships.



SPECIAL INTEREST DAY



Share your passions and hobbies.



MELLOW MONDAY BINGO



Fun, connection, and light competition.



COMMITTEE ELECTION



Have your voice heard.

CORE LEARNING SPACES



ATTACHMENT STYLES



Explore patterns of connection.



WHY CONNECTION FEELS HARD



Understand barriers to closeness.



BUILDING TRUST



Learn how trust develops.



WHY TRUST FEELS UNSAFE



Explore trust after difficult experiences.



HEALTHY VS UNHEALTHY RELATIONSHIPS



Recognize supportive relationship patterns.



WHY WE STAY IN UNHEALTHY RELATIONSHIPS



Understand why letting go can be difficult.



REPAIR & RUPTURE IN RELATIONSHIPS



Learn how relationships heal.



GRIEF, LOSS & RELATIONSHIP ENDINGS



Explore healing after loss.

SENSORY RATING SCALE: Use this scale to help you choose the right activity for your comfort level:
👉 Need help finding your fit? Ask a team member — we've got you!

- ★ Very Low Stimulation | Quiet, calm, relaxing (ideal for recharging).
- ★★ Low Stimulation | Minimal noise, gentle pace, low interaction.
- ★★★ Moderate Stimulation | Balanced mix of activity and social energy.
- ★★★★ High Stimulation | Louder, more interactive, and engaging.
- ★★★★★ Very High Stimulation | Lively, energetic, and fast-paced fun.

