

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Crafters & Coffee 10-12 ● Navigating Life Transitions P.1 1-3 ●	2  Diamond Painting 10-12 ●	3 Pantry Meal Prep  10-12 ● "Let It Go Box" Craft  1-3 ●	4 Tangled Up in Thread 10-12 ● "Would You Stay or Would You Go?" 1-3 ●
7 	8 Crafters & Coffee 10-12 ● Navigating Life Transitions P.2 1-3 ●	9 Diamond Painting 10-12 ● First Car Stories 10-12 ●	10 Would You Survive? 10-12 ● The Change Curve 1-3 ●	11 Tangled Up in Thread 10-12 ● The Museum of What I Outgrew 1-3 ●
14 Open Space / Coffee & Check-In 10-12 ● Conversation cards 1-3 ●	15 "Before & After Me" Art 10-12 ● Letting Go 1-3 ●	16  Diamond Painting 10-12 ●	17 Pantry Meal Prep  10-12 ● Navigating Uncertainty 1-3 ●	18 Tangled Up in Thread 10-12 ● The "Bad Advice" Game 1-3 ●
21 Open Space / Coffee & Check-In 10-12 ● Colouring 1-3 ●	22 Crafters & Coffee 10-12 ● Building Flexibility and Resilience 1-3 ●	23 Diamond Painting 10-12 ● Things Every Adult Should Know 1-3 ●	24 Paper Airplane Competition 10-12 ● Moving Forward with Intention 1-3 ●	25 Tangled Up in Thread 10-12 ● Movie & Popcorn 1-3 ●
28 Open Space / Coffee & Check-In 10-12 ● Cards or UNO 1-3 ●	29 Crafters & Coffee 10-12 ● Letting It Go Ceremony 1-3 ●	30 		



View our referral form
or latest calendar



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Module 7 - Changes and Transitions