

OCTOBER 2026 - MODULE 8

HEALING & INTEGRATION

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.

REFLECTION AND JOURNALING ★★

Quiet reflection, writing, and guided prompts.

CREATIVE WELLNESS

PANTRY MEAL PREP ★★★★★

Cook together while building everyday life skills.

CREATIVE CORNER

Create at your own pace with relaxed, open-ended projects.

BUILD-A-MONSTER ★★★★★

Use your imagination to create a weird & wonderful monster.

GHOST PAINTING CHALLENGE ★★★★★

Turn a simple ghost into your own creative masterpiece.

PUMPKIN PAINTING ★★★★★

Paint and decorate your own pumpkin — no carving required.

CRICUT PROJECT DAY ★★★★★

Design and create something using the Cricut.

GAMES & GROUP FUN

SCAM OR LEGIT? ★★★★★

Put your scam-spotting skills to the test.

URBAN LEGEND: REAL OR FAKE? ★★

Hear bizarre stories and decide which are fact, fiction, or folklore.

HALLOWEEN GAME SHOW ★★★★★

Halloween trivia, ridiculous challenges, games, and group fun.

M.I.N.D. LEARNING SPACES

HEALING ISN'T LINEAR ★★★★★

Explore the ups and downs of healing.

WHY HEALING TAKES TIME ★★★★★

Understand why healing can't be rushed.

REBUILDING TRUST IN YOURSELF ★★★★★

Reconnect with your choices and instincts.

WHY WE LOSE TRUST IN OURSELVES ★★★★★

Explore what makes us second-guess ourselves.

TRUSTING OTHERS AGAIN ★★★★★

Explore trust, boundaries, vulnerability, and safe connection.

LIVING WITH WHAT WE LEARNED ★★★★★

Use what you've learned without letting the past run the show.

INTEGRATION M.I.N.D.SET ★★★★★

Bring it all together and decide what you want to carry forward.

SPECIAL EVENTS

THANKSGIVING DINNER ★★★★★

Share a Thanksgiving meal and enjoy some time together.

GOOD WILL HUNTING - MOVIE ★★

A movie about connection, growth, and moving forward.

SPOOKY MOVIE ★★

Release the past and welcome what comes next.



NEW!

QUICK GUIDE

-  Weekly Drop-In Spaces
-  Games & Group Fun
-  Creative Wellness
-  M.I.N.D. Learning Spaces
-  Special Events
-  Sign-Up Required

FIND YOUR COMFORT ZONE

Use this guide to choose activities that match your comfort level. Need help finding your fit? Ask a team member — we've got you!

★★★★★ **JUMP RIGHT IN**
High-energy, lively, and interactive.
★★★★★ **STRETCH YOURSELF**
More participation and social interaction.

★★★★★ **FIND YOUR RHYTHM**
A balanced mix of learning and connection.

★★★★★ **EASE INTO IT**
Gentle activity with light conversation.

★★★★★ **TAKE IT EASY**
Quiet, calm, and low-pressure.

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