

NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Monday Reset 10-12 Creative Corner 1-3	4 Tangled Up in Thread 9-12 Understanding Emotional Triggers 1-3	5 Diamond Painting 1-3	6 The Body Keeps Score 9-12 Budgeting on a Low Income 1-3	7 Crafters & Coffee 9-12 Hot Chocolate & Board Games 1-3
10 Monday Reset 10-12 Creative Corner 1-3	11 	12  Diamond Painting 1-3	13 The Body Keeps Score 10-12 Meal Planning & Pantry Skills 1-3	14 Crafters & Coffee 9-12 Fall B-I-N-G-O 1-3
17 Monday Reset 10-12 Creative Corner 1-3	18 Tangled Up in Thread 9-12 Building Emotional Boundaries 1-3	19 Diamond Painting 1-3	20 The Body Keeps Score 9-12 Communication Skills in High-Stress Situations 1-3	21 Crafters & Coffee 9-12 Movie 1-3
24 Monday Reset 10-12 Creative Corner 1-3	25 Tangled Up in Thread 9-12 Managing Grief & Seasonal Blues 1-3	26  Diamond Painting 1-3	27  Breakfast-for-Lunch 11-12 Declutter Your Space, Clear Your Mind 1-3	28 Crafters & Coffee 9-12 M.I.N.D's Got Talent 1-3 
				



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