





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Module 3: Communication & Self-Expression				1 Tangled Up in Thread 10-12 Snack & Chill Social 1-3
4 Monday Reset 10-12 Creative Corner 1-3	5 Crafters & Coffee 10-12 Why Speaking Up Feels Unsafe 1-3	6 Diamond Painting 10-12  Emotional Telephone Game 1-3	7 Pantry Meal Prep 10-12 Needs VS Wants 1-3	8 Tangled Up in Thread 10-12 Freedom Writers - Movie 1-3
11 Monday Reset 10-12 Mellow Monday Bingo 1-3	12 Crafters & Coffee 9-12 Emotional Expression Skills 1-3	13 Diamond Painting 10-12 The Mind Reader Experiment 1-3	14 Custom Journal Making 10-12 Assertive Communication 1-3	15 Tangled Up in Thread 10-12 Open Board Games 1-3
18 	19 Crafters & Coffee 10-12 Finding Your Voice Safely 1-3	20 Diamond Painting 10-12  Speak in Metaphors 1-3	21 Pantry Meal Prep 10-12 Speaking Up In Real Life 1-3	22 Tangled Up in Thread 10-12  Walk at Centennial Park 1-3
25 Monday Reset 10-12 Mellow Monday Bingo 1-3	26  Crafters & Coffee 9-12 Coffee meet up at Tim Hortons 1-3	27 Diamond Painting 10-12 Soul - Movie 1-3	28 Ergon BBQ 1-3 	29 Tangled Up in Thread 10-12 Karaoke 1-3

May 2026



Join us!



Scan me to sign up!



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