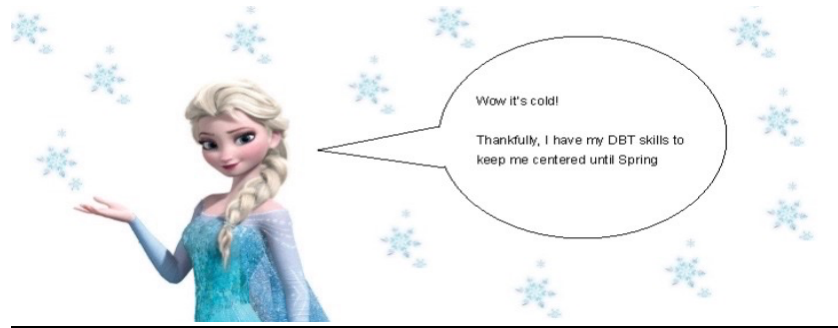


February Schedule Group For Teen Group and Adult Group



WEEKLY SCHEDULE:

SUNDAYS Adults 1:45PM – 3:15PM

Feb 2nd – Interpersonal Effectiveness I – SUPERTOPIC – HOW TO STAND MY GROUND VS. WHEN TO BE FLEXIBLE

Feb 9th – Interpersonal Effectiveness II – SUPERTOPIC – GIVE, I PUT THAT STUFF ON EVERYTHING*

Feb 16th – Interpersonal Effectiveness III – SUPERTOPIC - RELATIONSHIPS ARE HARD – HOW DO I MAKE THEM EASIER?

Feb 23rd – INTERPERSONAL EFFECTIVENESS VI - SUPERTOPIC – WHAT REALLY IS A TOXIC RELATIONSHIP?

March 3rd – OFF - ENJOY YOUR DAY

TUESDAYS on ZOOM

Teens and Family: 6pm – 6:45pm

Feb 4th – STOP and TIPP – TWO EXCELLENT DISTRESS TOLERANCE SKILLS

Feb 11th – **PARENTS ONLY: WHAT IS NORMAL VS ABNORMAL BEHAVIORS IN TEENS**

Feb 18th – DEAR MAN and GIVE – INTERPERSONAL EFFECTIVENESS

Feb 25th – OFF – ENJOY YOUR DAY

Zoom Codes:

<https://zoom.us/j/2941960784?pwd=ZzdKZU44UIMyK1dhUG1ENE01ZStiUT09>

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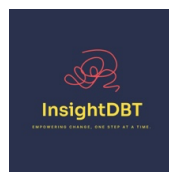
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REMEMBER!

- Please be respectful of others in the group
- Please bring your book or use pdf book
- Please complete your diary card weekly.
- Please reach out to your therapist as needed for phone coaching.
- Please remember the 4-absence attendance rule for group.
 - Please come in sober to group.

Skill of the Month:

STOP! Pg. 327



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