








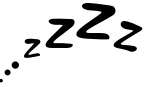






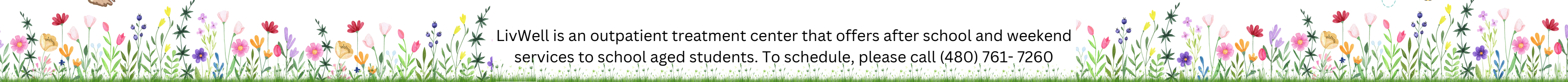
MAY
2024

A Life Worth Living

In the month of May, clients will explore ways they can accumulate positive experiences in their lives through our Group Coaching classes. Our clients will learn coping skills to help navigate through difficult emotions and situations. In our Expressive Arts classes, we'll explore ways we can feel belonging and the importance of differences. The goal is to encourage clients that they live a life worth living.



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Maintaining Physical Health	2 Accumulating Positive Emotions: Short Term 	3 WEEKEND HOUSE PICK UP 5PM- 6PM	4 The Home Depot Experience 
5	6 You Matter 	7 Accumulating Positive Emotions: Long Term	8 Balance Eating 	9 Build Mastery and Coping Ahead	10 WEEKEND HOUSE PICK UP 5PM- 6PM	11 BOYS WEEKEND Planet of the Apes
12	13 Belonging Starts with You	14 Nightmare Protocol	15 Avoiding Unhealthy Habits	16 Sleep Hygiene	17 WEEKEND HOUSE PICK UP 5PM- 6PM	18 KTR 
19 	20 Appreciating Differences 	21 Mindfulness	22 The Importance of Sleep 	23 Managing Extreme Emotions	24 WEEKEND HOUSE PICK UP 5PM- 6PM	25 GAMING LOUNGE 
26  	27 LivWell Closed	28 Trouble Shooting SUMMER GAMES DAY 1	29 Move Your Body	30 Review	31	



LivWell is an outpatient treatment center that offers after school and weekend services to school aged students. To schedule, please call (480) 761- 7260