

ENDEAVOR CLUBHOUSE 2022

*July, August,
September*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4:30-5:30pm Mindfulness (CA, Rm 20) ----- Coping with Addiction (JD, Rm 113)</p>	<p>4:30-5:30pm Creatively Coping (MS, Rm 20)</p>	<p>4:30-5:30pm Social Skills (PJ, Rm 113)</p>	<p>4:30-5:30pm Transitioning to College, YA (MD & PJ, Rm 14)</p>	<p>4:30-5:30pm Y, Coping Skills (PJ & JD, Rm 20)</p>	<p>9:30-10:30am Y, Creatively Coping (MD, Rm 20)</p>
<p>5:30-6:30pm Coping Through Racism (AB & CA, Rm 20)</p>	<p>5:30-6:30pm Spirituality (JS, Rm 20)</p>	<p>5:30-6:30pm Managing Thoughts (AB, Rm 113) ----- Healthy Relationships (MS & JD, Rm 20)</p>	<p>5:30-6:30pm Healthy Habits (CA, Rm 113)</p>	<p>5:30-6:30pm Y, Managing my Emotions (MD & CA, Rm 20)</p>	<p>10:30-11:30am Y, Social Skills (PJ & CA, Rm 113)</p>
<p>6:30-7:30pm Empowered (MS, Rm 113) ----- Self Care (AB, Rm 20)</p>	<p>6:30-7:30pm Grief & Loss (JS & AB, Rm 20)</p>	<p>6:30-7:30pm Managing my Emotions (MS & MD, Rm 20) ----- Stress Management (JS & PJ, Rm 113)</p>	<p>6:30-7:30pm Resiliency (MD, Rm 113) ----- Men's Groups (JD & CA, Rm 20)</p>	<p>6:30-7:30pm Communication Skills (AB, Rm 20)</p>	
<p>7:30-8:30pm Coping Skills (JD, Rm 20)</p>	<p>7:30-8:30pm Beating the Blues (AB, Rm 20)</p>	<p>7:30-8:30pm Transitioning to College, A (AB, Rm 20)</p>	<p>7:30-8:30pm Attacking Anxieties (MD & JD, Rm 113) ----- Job Skills (PJ, Rm 20)</p>	<p>7:30-8:30pm Mental Health POC (AB & JD, Rm 20)</p>	

**Reserve
your spot
today!**



ENDEAVOR
HEALTH SERVICES

Your Wellness, Our Mission.

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