

# October 2019

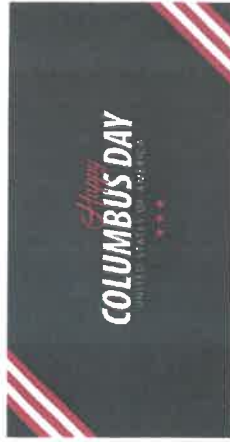
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10am Let's talk about your weekend. 2:30 pm Misc. Craft	<b>2</b> 10 am Habit Changing worksheet 2:30 pm Stress management	<b>3</b> 10 am Symptoms of stress, stress symptoms & coping skills 2:30pm Misc. Craft	<b>4</b> 10 am BLT's & a Movie 2:30 pm bodies response to anger & anxiety	<b>5</b>
<b>6</b>	<b>7</b> 10 am Let's talk about our weekend 2:30 pm Anger/Anxiety Warning signs	<b>8</b> 10 am How to relax using controlled Breathing 2:30pm Misc. Craft	<b>9</b> 10am Patterns of Personal Thinking 2:30pm Values	<b>10</b> 10am Fact or Opinion 2:30 pm Misc. Craft	<b>11</b> 10am Pizza & Movie 2:30pm Forgiveness Methods 5 steps	<b>12</b>
<b>13</b>	<b>14 **</b> 10am Let's talk about the Weekend 2:30 pm Forgiveness	<b>15</b> 10am Forgiveness Quotations 2:30am Misc. Craft	<b>16 **</b> 10am Unforgiveness 2:30pm Intrusive Thoughts: ? Do they	<b>17</b> 10am Guidelines for better sleep 2:30pm Misc Craft	<b>18</b> 10am Pizza & a Movie 2:30pm Worry Decision Tree	<b>19</b>
<b>20</b>	<b>21</b> 10am Let's talk about the Weekend 2:30pm Progressive Muscle Relaxation	<b>22</b> 10am Breathing retraining Exercises 2:30pm Misc. Crafts	<b>23</b> 10am Learn to Relax! 2:30pm Muscle Relaxing	<b>24</b> 10am Relaxation Exercises & 4 fingers 2:30 Misc. Craft	<b>25</b> 10am Hotdogs & a Movie 2:30pm Ways to relax using breathing tech.	<b>26</b>
<b>27</b>	<b>28</b> 10am Let's talk about our weekend? 2:30pm My plan for a great night's sleep	<b>29</b> 10am Sleep Hygienes: Basic Guidelines 2:30 Misc. Craft	<b>30</b> 10am Sleep Hygiene Tips 2:30pm What if...?	<b>31 **</b> 10am Fight or Flight Response 2:30pm Misc. Craft		

NOTES:

**October 14th, 2019 Columbus Day\*\***

**October 16th National Bosses Day \*\***

**October 31, 2019 Halloween \*\***



**HOPE CENTER**

113 Aldrich Ave S.E  
Wadena, MN 56482

PHONE: 218-631-7693

Jeanette@orhvw.com

