

August

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 The First Agreement	26 The Second Agreement	27	28 Agreements Three and Four	29
30	31					

September

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 The Five Ws of Anger	2 How Thoughts impact Behavior	3	4 Handling Tough Situations	5
6	7	8 Effective Communication	9 Effective Communication	10	11 Love and Apology	12
13	14	15 Basics of Trauma Processing	16 Cycle of Abuse	17	18 Response to Trauma	19
20	21	22 Introduction to Emotions	23 Vulnerability and the Body	24	25 Building Distress Tolerance	26
27	28	29 Emotional Regulation and Vulnerability	30 Problem-Solving			

October

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Acceptance	3
4	5	6 Introduction to Mindfulness	7 The Power of Words	8	9 Guided Imagery	10
11	12	13 Resume Building and Interview Skills	14 Money Management	15	16 Habits and Goals	17
18	19	20 Motivation To Change	21 Healthy Ways to Say NO	22	23 Relapse Prevention	24
25	26	27 What are Boundaries?	28 Creating and Setting Boundaries	29	30 Values and Priorities List	31

November

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Familial Roles & Addiction	4 How to Break Familial Roles	5	6 Co-Dependency	7
8	9	10 Mind & Body Balance	11 Sleep Hygiene	12	13 Review & Final Session	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

