

January

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 ADRP Orientation	10
11	12	13 The First Agreement	14 The Second Agreement	15	16 The Third and Fourth Agreements	17
18	19	20 The 5 W's of Anger	21 How Thoughts Impact Behavior	22	23 Handling Tough Situations	24
25	26	27 Effective Communication	28 Effective Communication	29	30 Love and Apology	31

February

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						31
1	2	3 Basics of Trauma Processing	4 Cycle of Abuse	5	6 Response to Trauma	7
8	9	10 Introductions to Emotions	11 Vulnerability and the Body	12	13 Building Distress Tolerance	14
15	15	17 Emotion Regulation and Vulnerability	18 Problem Solving	19	20 Acceptance	21
22	23	24 Introduction to Mindfulness	25 Power of Words	26	27 Guided Imagery	28

March

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						28
1	2	3 Resume Building and Interview Skills	4 Money Management	5	6 Habits and Goals	7
8	9	10 Motivation to Change	11 Healthy Ways to Say No	12	13 Relapse Prevention	14
15	16	17 What Are Boundaries?	18 Creating and Setting Boundaries	19	20 Values and Priorities List	21
22	23	24 Familial Role & Addiction	25 How to Break Familial Roles	26	27 Codependency	28
29	30	31 Mind and Body Balance	1	2	3	4

April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31	1 Sleep Hygiene	2	3 Self-Care Practice and Final Session	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2