

# AUGUST & SEPTEMBER CALENDAR

## OUTREACH AND PREVENTION

### **MONDAY, AUG. 17**

**WELCOME AND THINK WELL**  
INSTAGRAM LIVE | 11 AM

### **TUESDAY, AUG. 18**

**WELCOME AND DO WELL**  
INSTAGRAM LIVE | 11 AM

### **WEDNESDAY, AUG. 19**

**WELCOME AND FEEL WELL**  
INSTAGRAM LIVE | 11 AM

### **THURSDAY, AUG. 20**

**WELCOME AND BE WELL**  
INSTAGRAM LIVE | 11 AM

### **FRIDAY, AUG. 21**

**FRIDAY PLAY DAY**  
INSTAGRAM LIVE | 11 AM

### **MONDAY, AUG. 24**

**MINDFUL MONDAY**  
INSTAGRAM LIVE | 11 AM

### **TUESDAY, AUG. 25**

**TAKE CARE OF YOURSELF TUESDAY**  
INSTAGRAM LIVE | 11 AM

### **WEDNESDAY, AUG. 26**

**WORKSHOP WEDNESDAY**  
ZOOM: SEE SOCIAL MEDIA  
FOR LINK TO JOIN | 3 PM

### **THURSDAY, AUG. 27**

**THOUGHTFUL THURSDAY**  
INSTAGRAM LIVE | 11 AM

### **FRIDAY, AUG. 28**

**FIT FRIDAY**  
INSTAGRAM LIVE | 11 AM

### **TUESDAY, SEPT. 8**

**SOBER CURIOUS GROUP**  
ZOOM | 1 PM

### **THURSDAY, SEPT. 10**

**SUICIDE PREVENTION DAY**  
INSTAGRAM LIVE | 11 AM

### **THURSDAY, SEPT. 10**

**QPR #TIGERSLISTEN**  
ZOOM: SEE SOCIAL MEDIA  
FOR LINK TO JOIN | 3 PM

### **TUESDAY, SEPT. 15**

**SOBER CURIOUS GROUP**  
ZOOM: SEE SOCIAL MEDIA  
FOR LINK TO JOIN | 1 PM

### **THURSDAY, SEPT. 17**

**SAFE ZONE 1.5 ADAPTED TRAINING**  
ZOOM: SEE FOR LINK TO JOIN AND  
PRE TRAINING REQUIREMENTS | 3 PM

### **MONDAY, SEPT. 21**

**NO STRESS SUCCESS: STRESS  
MANAGEMENT 101**  
ZOOM: SEE SOCIAL MEDIA  
FOR LINK TO JOIN | 3 PM

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