# Stepping Stone August 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | *3*<br>*11:00*<br>*Peer Bridger's* | *4*<br>*11:00*<br>*DRA*<br>*1:00 Open Group* | *5*<br>*11:00 Dawn's*<br>*Trauma Group*<br>*1:00 Peer Support* | *6*<br>*11:00*<br>*DRA*<br>*1:00 happy group* | *7*<br>*11:00*<br>*Self Harm*<br>*1:00 Happy Ball* | *8* |
| *9* | *10*<br>*11:00 Peer Bridger's*<br>*1:00 Positive Affirmations* | *11*<br>*11:00*<br>*DRA*<br>*1:00 Open Group* | *12*<br>*11:00*<br>*Self Esteem with Ginger*<br>*1:00 Peer Support* | *13*<br>*10:00 Arts & Crafts*<br>*11:00*<br>*DRA*<br>*1:00 happy ball* | *14*<br>*11:00 Self Harm Workshop*<br>*1:00 Open Group* | *15* |
| *16* | *17*<br>*11:00*<br>*Peer Bridger's*<br>*1:00 Positive Affirma-* | *18*<br>*11:00*<br>*DRA*<br>*1:00 Open Group* | *19*<br>*Picnic at REC park*<br>*Sign up only*<br>*Closed* | *20*<br>*10:00 Arts & Crafts*<br>*11:00DRA Meeting*<br>*1:00Peer Support* | *21*<br>*11:00 Self Harm Workshop*<br>*1:00 happy ball* | *22* |
| *23* | *24*<br>*11:00 Peer Bridger's*<br>*1:00Positive Affirmations* | *25*<br>*11:00 DRA Meeting*<br>*1:00 Open Support Group* | *26*<br>*11:00 Self Esteem with Ginger*<br>*1:00 Peer Support* | *27*<br>*10:00 Arts & Crafts*<br>*11:00DRA Meeting*<br>*1:00 Peer Support* | *28*<br>*11:00 Self Harm*<br>*1:00 Happy Ball* | *29* |
| *30* | *31*<br>*11:00 Peer Bridger's*<br>*1:00 Positive Affirmations* | *1*<br>*11:00 DRA meeting*<br>*1:00 Open Support Group* | *2*<br>*11:00 Dawn's Trauma Group*<br>*1:00 Peer Support* | *3*<br>*10:00 Arts & Crafts*<br>*11:00 DRA Meeting*<br>*1:00 Happy Ball* | *4*<br>*11:00 Self Harm Workshop*<br>*1:00 Open Group* | *5* |
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