

January

Living in Balance Monthly Topics
The Tree of Peace Friendship Centre

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			CLOSED 1 NEW YEARS DAY	2 Ask It Basket	3 Amphetamines & Methamphetamine	4
5	6 Planning for Sobriety	7 Unlocking Our Thinking/Feelings	8 LiB 20-Attitudes and Beliefs	9 Substance & Effects	10 Six Steps to Problem Solving	11
12	13 What is Diabetes?	14 Goal Setting & Planning	15 LiB 20-Attitudes and Beliefs	16 Burnout and Stress	17 Classification of Drugs	18
19	20 Creating Affirming Self-Talk	21 LiB 43-Seeking Help for Co-occurring Disorders	22 Is Gambling an Addiction?	23 Developing Hope & Emotional Healing	24 Anxiety Disorder	25
26	27 High on Crack Street VIDEO	28 What is Methadone?	29 Finding Contentment	30 Celebrating Strengths	31 Medicine Wheel Significance	