

**SERIES**

**ASCEND**

**Introducing our new Ascend Series, Thursdays from 4:00-5:30pm!**

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| Lesson | Date | Topic | Focus |
| 1 | Jan 30 | Healing from Grief | Grieving your drug of choice |
| 2 | Feb 6 | Healing from Grief | Why do we suffer? |
| 3 | Feb 13 | Healing from Grief | Complicated Grief |
| 4 | Feb 20 | Living Mindfully | Breathing and Meditation |
| 5 | Feb 27 | Living Mindfully | Mindfulness games and exercises |
| 6 | March 5 | Living Mindfully | Mindfulness and using 5 senses |
| 7 | March 12 | Living healthy | Nutritional eating (Rachel) |
| 8 | March 19 | Identities – Who am I? | Moving away from an addict identity |
| 9 | March 26 | Healthy Communication | Active Listening |
| 10 | April 2 | Healthy Communication | Assertive Communication |
| 11 | April 9 | Healthy Communication | Love Languages |
| 12 | April 16 | Healthy Communication | Creating our Wellness Profile puzzle |
| 13 | April 23 | Wellbeing and Wholeness | Handling Stress and self-compassion |
| 14 | April 30 | Wellbeing and Wholeness | Putting it all together – (scheduling, budget, setting goals) |

**AMENDED 1/16/2020**

**NOTE: THIS SCHEDULE BEGINS THE ROTATION OF THE GROUPS**