



Activities & Support Groups

August

SUN	MON	TUE	WED	THU	FRI	SAT
 SPINAL MUSCULAR ATROPHY AWARENESS MONTH AUGUST	1 • Coping Skills 11am • Sketch Book 1pm • Keeping Com. 8pm	2 • Chair Yoga 10am • Life Skills 1pm • Current Events 3pm • Better To. 3pm	3 • Mind & Body 11am • Bat. Burnout 1pm • Chronic Pain 2pm	4 • Got Stress? 12pm • Quote Happy 3pm • The Floor 4pm • Life Skills 6pm	5 • Com. Ground 9am • Soc. & Well 11am • Creative Coll. 6pm	6 • Color Me 2pm
7 • The Floor 12pm • Meditation 7:30pm  PURPLE HEART DAY	8 • Coping Skills 11am • Sketch Book 1pm • Support Net. 3pm • Keeping Com. 8pm	9 • Chair Yoga 10am • Life Skills 1pm • Current Events 3pm • Better To. 3pm	10 • Mind & Body 11am • Bat. Burnout 1pm • Chronic Pain 2pm • Health Call 5:30pm	11 • Got Stress? 12pm • The Floor 4pm • Life Skills 6pm	12 • Com. Ground 9am • Soc. & Well 11am	13 • Color Me 2pm
14 • The Floor 12pm • Meditation 7:30pm • Rediscovering 8pm	15 • Coping Skills 11am • Sketch Book 1pm • Keeping Com. 8pm	16 • Chair Yoga 10am • Life Skills 1pm • Current Events 3pm • Better To. 3pm	17 • Mind & Body 11am • Bat. Burnout 1pm • Chronic Pain 2pm	18 • NJSILC Public Forum 11am • Got Stress? 12pm • The Floor 4pm • Life Skills 6pm	19 • Com. Ground 9am • Soc. & Well 11am	20 • Color Me 2pm
21 • The Floor 12pm • Meditation 7:30pm Senior Citizens Day	22 • Coping Skills 11am • Sketch Book 1pm • Keeping Com. 8pm	23 • Life Skills 1pm • Current Events 3pm • Better To. 3pm	24 • Mind & Body 11am • Bat. Burnout 1pm • Chronic Pain 2pm • Health Call 5:30pm	25 • Got Stress? 12pm • Com. Skills 3pm • The Floor 4pm • Life Skills 6pm	26 • Com. Ground 9am • Soc. & Well 11am	27 • Color Me 2pm
28 • The Floor 12pm • Meditation 7:30pm • Rediscovering 8pm	29 • Coping Skills 11am • Sketch Book 1pm • Keeping Com. 8pm	30 • Life Skills 1pm • Current Events 3pm • Better To. 3pm	31 • Mind & Body 11am • Bat. Burnout 1pm • Chronic Pain 2pm			

Click on each group/activity title for active zoom link.

Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4