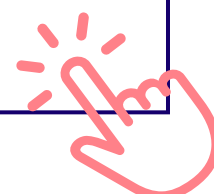


My Connected Club Planner

December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	6pm 7 Support Group	8	9
10	11	7pm 12 Strategy Group	13	6pm 14 Support Group	15	16
17	18	19	20	6pm 21 Support Group	22	23
24	25	26	27	28	29	30
31						



GMT

Live Events

Join us live
for more
points!



- ☐ 7th: Support Group 6pm-7pm
- ☐ 12th: Strategy Group 7pm - 8pm
- ☐ 14th: Support Group 6pm - 7pm
- ☐ 21st: Support Group 6pm - 7pm

Habits to nurture

- ☐
- ☐
- ☐
- ☐
- ☐

December's resources

Click link to
begin

- ☐ Neuro-Insight Module: Alcohol and Executive Function: Brains Under the Influence
- ☐ Brain-Boost Module: Self-care during the winter months
- ☐ Toolkit: Winter Self-Care Toolkit
- ☐ Podcast recommendation: How To Enjoy The Holiday Season If You Have ADHD

Complete
all for 100
extra
points

