HINAYNEE Group C calendar

July 9th- August 22nd, Tuesdays and Thursdays 3:30-5:00pm

We will meet your child outside the Joy Faith Knapp Center at 3:30pm and bring your child outside to meet you at 5:00pm when group ends. In the case of rain, we will meet inside the double doors at the entrance of the Joy Faith Knapp Center.

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| **Week 1** | Tuesday July 9th  **Welcome/Introductions/Setting Group Norms** | Thursday July 11th  **Welcome/Introductions/Setting Group Norms** |
| **Week 2** | Tuesday July 16th  **Alysa Slay – “Mindfulness: Staying in the Here and Now”** | Thursday July 18th  **Follow-up Activity/Discussion** |
| **Week 3** | Tuesday July 23rd  **Daniel Lanctot – “Art Therapy: Expressing Thoughts and Feelings”** | Thursday July 25th  **Follow-up Activity/Discussion** |
| **Week 4** | Tuesday July 30th  **Marilyn Siegel – “Healthy Choices: Mind / Body Connection”** | Thursday August 1st  **Follow-up Activity/Discussion** |
| **Week 5** | Tuesday August 6th  **Mallory Primm – “Psychodrama: Managing Conflict”** | Thursday August 8th  **Follow-up Activity/Discussion** |
| **Week 6** | Tuesday August 13th  **Alissa Rotblatt – “Safe Places: Safety within Our Selves and Our Relationships”** | Thursday August 15th  **Follow-up Activity/Discussion** |
| **Week 7** | Tuesday August 20th  **Wrapping Up/ Goodbyes** | Thursday August 22nd  **Wrapping Up/ Goodbyes** |

To help build group cohesiveness, we ask that you make the effort to attend every session although we understand that families may be traveling and that emergencies come up**.  Please let us know if you anticipate your child missing any group sessions.  If your child is ill on the day of group, please call or email us as soon as possible.**

**Hinaynee Summer Program Contact Info:**

**Alissa Rotblatt 773.467.3769 | Maeghan 773.467.3826**