

ACT! support group 2017 schedule – Wayne County

(1st and 3rd Wednesday every month from 11:00am-noon)

January 4:	Happiness Project – Boost Energy
January 18:	Creating a Healthier Life: a step by step guide to wellness
February 1:	Happiness Project – Remember Love
February 15:	Power, control, and taking our lives back
March 1:	Happiness Project – Aim Higher
March 15:	Guest: Cindy Biggs – Life Coach
April 5:	Happiness Project – Lighten Up
April 19:	Safety planning: will we ever feel safe again?
May 3:	Happiness Project – Be Serious About Play
May 17:	Stress and grief: The struggle is real
June 7:	Happiness Project – Make Time for Friends
June 21:	Guest: Cindy Biggs – Life Coach
July 5:	Happiness Project – Buy Some Happiness
July 19:	Anniversaries and other troubling dates
August 2:	Happiness Project – Contemplate the Heavens
August 16:	Anxiety, fear, anger, hope: Are we going crazy?
September 6:	Happiness Project – Pursue a Passion
September 20:	Guest: Cindy Biggs – Life Coach
October 4:	Happiness Project – Pay Attention
October 18:	Money, budgeting, and other headaches
November 1:	Happiness Project – Keep a Contented Heart
November 15:	Holidays and making our own traditions
December 6:	Happiness Project – Boot Camp Perfect
December 20:	Guest: Cindy Biggs – Life Coach