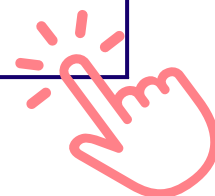


My Connected Club Planner

July 2023



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



BST

Live Events

- 6th: Support Group 6pm - 7pm
- 11th: Strategy Group 7pm - 8pm
- 13th: Support Group 6pm - 7pm
- 20th: Support Group 6pm - 7pm
- 25th: Strategy Group 7pm - 8pm
- 27th: Support Group 6pm - 7pm



Join us live
for more
points!

Habits to nurture

-
-
-
-
-

July's resources

Click link to
begin

- Neuro-Insight Module: BDNF Fertiliser for your brain
- Brain-Boost Module: How to practice self compassion/Self acceptance
- Toolkit: Mindfulness Journal
- Podcast recommendation: Reducing the ADHD mental load through delegation (Absolutely ADHD)

Complete
all for 100
extra
points

