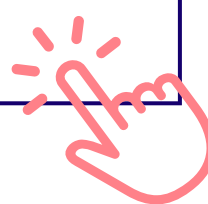


My Connected Club Planner

August 2023



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



BST

Live Events

Join us live for more points!



- 3rd: Support Group 6pm - 7pm
- 8th: Strategy Group 7pm-8pm & Livecast 1pm - 2pm
- 10th: Support Group 6pm - 7pm
- 17th: Support Group 6pm - 7pm
- 22nd: Strategy Group 7pm - 8pm
- 24th: Support Group 6pm - 7pm
- 31st: Support Group 6pm - 7pm

Habits to nurture

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August's resources

Click link to begin

- Neuro-Insight Module: What happens in the brain when we take a break
- Brain-Boost Module: Nurturing your building blocks on holiday
- Toolkit: Stress-Free Summer Holiday Packing
- Podcast recommendation: How to get out of ADHD burnout

