

My Connected Club Planner

November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	6pm 2 <u>Support Group</u>	3	4
5	6	7	8	6pm 9 <u>Support Group</u>	10	11
12	4:30pm 13 <u>CPD Accredited Webinar</u>	7pm 14 <u>Strategy Group</u>	15	6pm 16 <u>Support Group</u>	17	18
19	20	1pm 21 <u>Free Live webinar</u>	22	6pm 23 <u>Support Group</u>	24	25
26	27	7pm 28 <u>Strategy Group</u>	1pm 29 <u>Masterclass</u>	6pm 30 <u>Support Group</u>		

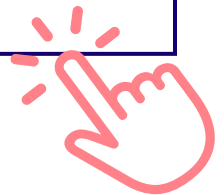
GMT

Live Events

Join us live for more points!



- 2nd: Support Group 6pm-7pm
- 9th: Support Group 6pm - 7pm
- 13th: CPD Accredited Webinar 4:30pm-5:30pm
- 14th: Strategy Group 7pm - 8pm
- 16th: Support Group 6pm - 7pm
- 21st: Free Webinar 1pm - 2pm
- 23rd: Support Group 6pm - 7pm
- 28th: Strategy 7pm - 8pm
- 29th: Masterclass: Tips to self-regulate and communicate better this holiday season (and beyond!)
- 30th: Support Group 6pm - 7pm



Habits to nurture

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November's resources

Click link to begin

- Neuro-Insight Module: The Neuroscience of Connection
- Brain-Boost Module: 5 tips for family harmony over the festive season
- Toolkit: Festive season emotional regulation toolkit
- Podcast recommendation: How To Handle Big Emotions During The Holidays with ADHD

