

# MAY

## Dayville Calendar

2026

### Group Offerings

- **GROWTH GROUP W/ JAMIE**-A SPACE FOR YOUTH AGES 11-14 UTILIZING SKILLS-BASED THERAPY TO SUPPORT IN BUILDING SELF-ESTEEM, CONFIDENCE, AND A POSITIVE SENSE OF IDENTITY.
- **WORRY TO WELLNESS W/ AMANDA**(SEE COLOR CHART)- A SPACE FOR YOUTH TO INCREASE THEIR UNDERSTANDING OF ANXIETY, LEARN AND PRACTICE COPING SKILLS. IMPROVE EMOTIONAL REGULATION, AS WELL AS STRENGTHEN SOCIAL SKILLS AND PEER SUPPORT.
- **RESILIENT MINDS W/ STACIE**(SEE COLOR CHART)- A CLINICAL SUPPORT GROUP FOR YOUTH WITH SEPARATED CAREGIVERS/PARENTS OR THAT HAVE EXPERIENCED A DISRUPTED ATTACHMENT TO A PARENT.
- **SMART RECOVERY W/ SHELBY**- A SUPPORT GROUP FOR TEENS AGES 12-17 WHO ARE STRUGGLING W/ ANY ADDICTION AND NEED SUPPORT IN THEIR RECOVERY
- **DRAWN TOGETHER W/ SHELBY**- A SPACE FOR KIDDOS 6-10 TO EXPLORE SELF EXPRESSION, PROCESSING EMOTIONS, AND SOCIAL SKILLS BUILDING THROUGH ART.

### Ages for biweekly group offerings



Ages 9-12



Ages 13-17

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 6-7pm- Drawn Together	5 5-6pm- Growth Group	6 5-6pm- Worry to Wellness 6-7pm-Resilient Minds	7	8
11 6-7pm- Drawn Together	12 3:30-4:30pm- SMART Recovery* 5-6pm- Growth Group	13 5-6pm- Worry to Wellness 6-7pm-Resilient Minds	14	15
18 6-7pm- Drawn Together	19 3:30-4:30pm- SMART Recovery* 5-6pm- Growth Group	20 5-6pm- Worry to Wellness 6-7pm-Resilient Minds	21	22
25 Office Closed	26 3:30-4:30pm- SMART Recovery* 5-6pm- Growth Group	27 5-6pm- Worry to Wellness 6-7pm-Resilient Minds	28	29
			<p><b>*SMART Recovery is offered at Wauregan Site- 303 Putman Road, 06387</b></p>	