



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tangled Up in Thread 9-12 Building Healthy Friendships 1-3	2  Diamond Painting 1-3	3 Songs That Tell My Story 10-12 Discovering Your Strengths 1-3	4 Tangled Up in Thread 9-12 Karaoke: "Sing Your Story" 1-3
7 Pieces of Me Collage 10-12 Creative Corner 1-3	8 Tangled Up in Thread 9-12 How Stigma Shapes Identity 1-3	9  Diamond Painting 1-3	10 Decorate-Your-Own Cookie or Cupcake 10-12 Discovering Your Strengths 1-3	11 Tangled Up in Thread 9-12 Jeopardy with Jess 1-3
14 Emotion Charades: Act It Out! 10-12 Creative Corner 1-3	15 Tangled Up in Thread 9-12 Identity Beyond Labels 1-3	16  Diamond Painting 1-3	17 Vision Board Party: Who I Am & Who I Want to Be 10-12 Building Confidence in Everyday Life 1-3	18 
21 	22 Tangled Up in Thread 9-12 The Journey to Self-Acceptance 1-3	23  Diamond Painting 1-3	24 DIY Sandwich or Wrap Creations 10-12 Building Confidence in Everyday Life 1-3	25 Tangled Up in Thread 9-12 BINGO 1-3
28 Creative Corner with Keith 1-3	29 Tangled Up in Thread 9-12 The Journey to Self-Acceptance 1-3	30  Diamond Painting 1-3		

**M.I.N.D**  
My Mind. My Move.



# APRIL

## Self-Discovery & Identity

This month, we're focusing on exploring who we are, what makes us unique, and what truly matters to us. Join us for activities that celebrate your strengths, values, and story — because discovering yourself is the first step to embracing the life you want to live.

**You are more than your struggles —  
you are a story worth telling.**

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