












Launch + Skills Event Calendar

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

LEGEND




 Participant Workshop	 Parent Workshop	 Café
--	---	--










-  Oct 7th – Parent Workshop – 5pm @ The Ability Hub
-  Oct 7th – Café Celebration – Details to be emailed out
-  Oct 8th – Participant Workshop – Art of Conversation – 2-4pm @ The Ability Hub
-  Oct 9th – Participant Workshop – Mastering Your Moods – 2-4pm @ The Ability Hub
-  Oct 10th – Participant Workshop – Creating Your Own Legend: Where will you be in 5 years? – 2-4pm @ The Ability Hub
-  Oct 15th – Café – Details to be emailed out
-  Oct 15th – Participant Workshop – Finding Your Form with Physical Activity – 2-4pm @ The Ability Hub
-  Oct 16th – Participant Workshop – Eating for Mind and Body Health – 2-4pm @ The Ability Hub

***Participant Workshops are by invitation. You will be notified if a workshop is a good fit for you!**

****Café locations/details will be emailed a few days prior to the event to all participants.**

LEGEND

 Participant Workshop	 Parent Workshop	 Café
--	---	--

-  Oct 21st – Café – Details to be e-mailed out
-  Oct 21st – Participant Workshop – Getting It Together: Organizing a day in your life – 2-4pm @ The Ability Hub
-  Oct 22nd – Participant Workshop – The Art of Conversation – 2-4pm @ The Ability Hub
-  Oct 23rd – Participant Workshop – Mastering Your Moods – 2-4pm @ The Ability Hub
-  Oct 24th – Participant Workshop – Creating Your Own Legend: Where will you be in 5 years? – 2-4pm @ The Ability Hub
-  Oct 28th – Café – details to be emailed out
-  Oct 29th – Participant Workshop – Finding Your Form with Physical Activity – 2-4pm @ The Ability Hub
-  Oct 30th – Participant Workshop – Eating for Mind and Body Health – 2-4pm @ The Ability Hub
-  Oct 31st – Participant Workshop – Getting It Together: Organizing a day in your life – 2-4pm @ The Ability Hub

***Participant Workshops are by invitation. You will be notified if a workshop is a good fit for you!**

****Café locations/details will be emailed a few days prior to the event to all participants.**