

SAIL 2 Tentative Schedule—Jun- Sept 2018
Mondays 1-3pm

Date	Topic
Jun. 25	Boundaries/Self-Care
Jul. 2	NO SESSION-CANADA DAY
Jul.9	NO SESSION
Jul. 16	Journaling
Jul. 23	Media and Violence Against Women (Film: Killing Us Softly)
Jul. 30	Self-Esteem and Affirmations
Aug. 6	NO SESSION-CIVIC HOLIDAY
Aug. 13	Boundaries & Healthy Relationships
Aug. 20	Neurobiology of Trauma
Aug. 27	Fun with Art