

11

NOVEMBER
2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Body Doubling @ 2pm ET	3 Parents with ADHD Support Group @ 9:30am ET	4	5
6	7 Body Doubling @ 10am ET	8 Neurospicy Support Group @ 7:30pm ET	9 Body Doubling @ 2pm ET	10	11 Remembrance Day	12
13	14 Body Doubling @ 10am ET	15	16 Body Doubling @ 2pm ET	17 Monthly Virtual Social Gathering @ 8pm ET	18	19
20	21 Body Doubling @ 10am ET	22 Neurospicy Support Group @ 7:30pm ET	23 Body Doubling @ 2pm ET	24	25	26
27	28 Body Doubling @ 10am ET	29	30 Body Doubling @ 2pm ET			

TOPICS

- Parents with ADHD Support Group
 - Thurs Nov 3 - What are your biggest wins and biggest challenges
- Neurospicy Support Group Topics
 - Tues Nov 8 - ONE YEAR ANNIVERSARY PARTY (Virtual)
 - Tues Nov 22 - Navigating events: Creating boundaries and the burnout

NOTE