

## T4C Group Calendar

T4C Topic	Date of Lesson	Day of Week	Time of Group
<b>Lesson 1:</b> Introduction	August 5 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 2:</b> Active Listening	August 7 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 3:</b> Asking Questions	August 12 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 4:</b> Giving Feedback	August 14 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 5:</b> Knowing your Feelings	August 19 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 6:</b> Thinking Controls Our Behavior	August 21 <sup>st</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 7:</b> Pay Attention to Our Thinking	August 26 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 8:</b> Recognize Risk	August 28 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 9:</b> Use New Thinking	September 2 <sup>nd</sup>	Monday	6:00pm-8:00pm
<b>Lesson 10:</b> Thinking Check-in	September 4 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 11:</b> Understanding the Feelings of Others	September 9 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 12:</b> Making a Complaint	September 11 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 13:</b> Apologizing	September 16 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 14:</b> Responding to Anger	September 18 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 15:</b> Negotiating	September 23 <sup>rd</sup>	Monday	6:00pm-8:00pm
<b>Lesson 16:</b> Introduction to Problem Solving	September 25 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 17:</b> Stop and Think	September 30 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 18:</b> State the Problem	October 2 <sup>nd</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 19:</b> Set a Goal and Gather Information	October 7 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 20:</b> Practice Problem Solving Skills 1,2, and 3	October 9 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 21:</b> Think of Choices and Consequences	October 14 <sup>th</sup>	Monday	6:00pm-8:00pm
<b>Lesson 22:</b> Make a Plan	October 16 <sup>th</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 23:</b> Do and Evaluate	October 21 <sup>st</sup>	Monday	6:00pm-8:00pm
<b>Lesson 24:</b> Problem Solving Practice	October 23 <sup>rd</sup>	Wednesday	6:00pm-8:00pm
<b>Lesson 25:</b> Next Steps	October 28 <sup>th</sup>	Monday	6:00pm-8:00pm