

BEGINNING  
January 2016



All classes will be held at the CARD office.  
1940 N. Monroe St.

SECOND MONDAY  
OF THE MONTH  
6:00-7:30 p.m.

# MONDAY MEET-UPS

## FOR HIGH SCHOOL STUDENTS

January-Goal-Setting  
February-Dating Etiquette  
March-Managing Mental Health  
April-Health and Wellness  
May-Safety/Law  
June-Social Media Etiquette/Safety

July-Employment Do's and Don'ts  
August-Executive Functioning  
September-Budgeting  
October-Teasing/Bullying  
November-Family Dynamics  
December-Handling Anxiety/Sensory Overload

To register, please email Tammy at [tammy.dasher@med.fsu.edu](mailto:tammy.dasher@med.fsu.edu) at least one week before the scheduled class.