

SCHEDULE OF EVENTS October 1 - 7 2022

Saturday, October 1st, <i>Smashing Shame Saturday</i>	BFRB Brave Wishcircle	9 am PST
Saturday, October 1st, <i>Smashing Shame Saturday</i>	BFRB Brave Sing Along	12 pm PST
Sunday, October 2nd, <i>Self-Care Sunday</i>	Hair Replacement Systems	9 am PST
Sunday, October 2nd, <i>Self-Care Sunday</i>	BFRB Brave Soul Painting	12 pm PST
Sunday, October 2nd, <i>Self-Care Sunday</i>	BFRB Brave TLC Hangout: Kids and Teens	4 pm PST
Monday, October 3rd, <i>Mindfulness Monday</i>	Breathe in Sound Healing	9 am PST
Monday, October 3rd, <i>Mindfulness Monday</i>	Strala Yoga with Tara Stiles	12 pm PST
Monday, October 3rd, <i>Mindfulness Monday</i>	Self-Compassion Makes Us Brave	4 pm PST
Tuesday, October 4th, <i>Teaching Tuesday</i>	Pharmacology Interventions for BFRBs	9 am PST
Tuesday, October 4th, <i>Teaching Tuesday</i>	TLC Talks with Violet Young	12 pm PST
Tuesday, October 4th, <i>Teaching Tuesday</i>	Brain Mapping and BFRBs	4 pm PST
Wednesday, October 5th, <i>Wondering Wednesday</i>	Ask a Clinician	9 am PST
Wednesday, October 5th, <i>Wondering Wednesday</i>	Sci-Lit Journal Club	12 pm PST
Wednesday, October 5th, <i>Wondering Wednesday</i>	Sensitivity as a Superpower	4 pm PST
Thursday, October 6th, <i>Thoughtful Thursday</i>	BFRB Brave Community Conversation	9 am PST
Thursday, October 6th, <i>Thoughtful Thursday</i>	Genetics 101: Unraveling the BFRB Code	12 pm PST
Thursday, October 6th, <i>Thoughtful Thursday</i>	BFRB Brave TLC Hangout: Just for Parents	4 pm PST
Friday, October 7th, <i>We are Fabulous Friday</i>	BFRB Brave Intentions Full Wishcircle	9 am PST