



August 2026

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

- **3:** Squirrel Club
- **10:** Squirrel Club
- **17:** Squirrel Club
- **24:** Squirrel Club
- **31:** Squirrel Club

Theme

August – Organization

Create structure that *fits* your brain. Simplify spaces, schedules, and systems to make life feel easier.

In-Person Event:

Aug 16th 12-2pm

Back to School Swap

September 2026

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

- **14:** Squirrel Club
- **21:** Squirrel Club
- **28:** Squirrel Club

Theme:

September – Self-Compassion

Give yourself the same grace you'd offer a friend. Progress, not perfection, is the real win.

In-Person Event:

September 17th 6:30pm

“Continuing the Conversation” at Kismet Collective

Come learn about the connection between ADHD and Perimenopause, PMDD and how to navigate brain fog.



October 2026

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

- **5:** Squirrel Club
- **12:** Squirrel Club
- **19:** Squirrel Club
- **26:** Squirrel Club

Theme:

October – Balance

Explore the middle ground between rest and effort, structure and spontaneity, doing and being.

In-Person Event: Squirrel Summit Meeting!

Thursday **October 8th 6:30pm**

Unmasked Workshop- Join Michelle Sonnenfeld and Laura Webb as they lead a deeper conversation about boundaries and neurodivergence.

November 2026

Squirrel Club

Zoom Body Double Dates

No Session 11/23

Noon - 1:20pm Central Time

- **2:** Squirrel Club
- **9:** Squirrel Club
- **16:** Squirrel Club
- **30:** Squirrel Club

Theme:

November – Gratitude

Slow down and notice the small wins. Practice appreciation for your progress, your people, and your unique brain.

Journal Prompt: describe one person in your life you are grateful for. How do they make you feel? Bonus: Tell them!

In-Person Event:

November 8th 12-2pm

“The Craft” - Craft and Book Swap

- Bring craft supplies and unfinished projects!
- \$5 donation



December 2026

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

- 7: Squirrel Club
- 14: Squirrel Club

December – Reflection

Look back with curiosity, not criticism. What worked this year? What did you learn about how *you* work best?

Happy Holidays!

January 2027

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

- 4: Squirrel Club
- 11: Squirrel Club
- 18: Squirrel Club
- 25: Squirrel Club

Theme:

Happy New Year!

Set gentle goals and choose what matters most. Start with a feeling or a small focus without pressure. As we winter, we think and contemplate deeply but place low demands after the hustle of the holidays.

In-Person Event:

Winter Clothing Swap!

Date and time TBD



February 2027

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

No Meeting 2/15

- 1: Squirrel Club
- 8: Squirrel Club
- 22: Squirrel Club

Theme

February- Connection

Nurtue relationships and support systems. Celebrate how community and gentle accountability help our brains thrive.

In-Person Event:

Vision Boarding!

Date and time TBD

March 2027

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

No Meeting 3/22

- 1: Squirrel Club
- 8: Squirrel Club
- 15: Squirrel Club
- 29: Squirrel Club

Theme:

March- Focus

Experiment with tools and environments that help you start and finish tasks. Learn when your attention ebbs and flows and what it feels like for you.

In-Person Event:

Squirrel Summit Meeting TBD



April 2027

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

No Meeting 4/26

- **5:** Squirrel Club
- **12:** Squirrel Club
- **19:** Squirrel Club

Theme

April – Play & Curiosity

Try new things without needing a reason! Rediscover creativity, humor, and experimentation as growth tools.

In-Person Event:

Spring Craft Swap

Time and Date TBD

May 2027

Squirrel Club

Zoom Body Double Dates

Noon - 1:20pm Central Time

No Meeting 5/31

- **3:** Squirrel Club
- **10:** Squirrel Club
- **17:** Squirrel Club
- **24:** Squirrel Club

Theme:

May – Flexibility

Practice rolling with the unexpected. Learn to pivot without panic and adapt with grace instead of guilt.

In Person Event:

Look for Summer Clothing Swap and Summer Bash Party!