

Course Schedule: Week-by-Week Breakdown

Pre-Course Preparation

- Tuesday, 3/11: [Virtual: Friendship Lab Intro Session](#)
 - Sunday, 3/16: [In-Person Event: Hike & Explore Event](#)
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Week 1: Foundations of Building Social Connections

- Tuesday, 3/18: [Virtual Workshop 1: Foundations of Building Social Connections](#)
 - Sunday, 3/23: [In-Person Event: Sunday Funday Social Games at Avalon \[Mission Bay\]](#)
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Week 2: Mastering Conversations and Building Connections

- Tuesday, 3/25: [Virtual Workshop 2: Mastering Conversations and Building Connections](#)
 - Saturday, 3/29: [In-Person Event: Group Dinner at Trader Vic's \[Berkeley\]](#)
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Week 3: Reflections & Questions

- Tuesday, 4/1: [Virtual Workshop 3: Reflections & Questions](#)
 - Saturday, 4/5: [In-Person Event: Speed Friending at Spark Social \[Mission Bay\]](#)
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Week 4: Creating Positive Social Interactions & Thriving in Groups

- Tuesday, 4/8: [Virtual Workshop 4: Final Reflections, Questions, & Finalizing Plans](#)
 - Saturday, 4/12: [Friendship Lab Graduation Celebration](#)
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 **Note:** This program is designed to be immersive but flexible. Each participant is expected to attend all the virtual workshops and in-person events. However, if you do have a schedule conflict, then please let the instructor know ahead of time. All virtual sessions will be recorded and summarized.

In person event details may be subject to change with advanced notice.