

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 10:40	<p>9:30 – 10:40</p> <p>Poetic Medicine Dave [Rm 2]</p> <p>Obsessive Thoughts / Behaviors Shaun [Rm 6]</p> <p>Dev Social Supports Jeremy [Rm 5]</p>	<p>IR Relapse Prevention Mark [Rm 4]</p> <p>Meaningful Recovery Themes Dave [Rm 2]</p> <p>Stop People Pleasing Anastasia [Rm 4]</p> <p>Procrastination Lisa [Rm 5]</p> <p>Journaling for Self-Discovery Nancy [Rm 6]</p>	<p>Stop Overthinking Anastasia [Rm 4]</p> <p>Coping w Anxiety Jonna [Rm 6]</p> <p>Budgeting 101 Shaun [Rm 5]</p> <p>Relationships Cody [Rm 2]</p>	<p>9:30 – 10:40</p> <p>It's Never About You Shaun [Rm 2]</p> <p>Journaling Jonna [Rm 4]</p> <p>Conflict Resolution Lisa [Rm 6]</p>	<p>9:30 – 10:40</p> <p>IR Relapse Prevention Mark [Rm 5]</p> <p>Assertiveness Cody [Rm 6]</p> <p>DBT Skills for Anxiety Dave [Rm 5]</p> <p>Creating Joy Shaun [Rm 4]</p>
10:50 – 11:30	<p>10:50 – 12:00</p> <p>Non-Violent Communication Anastasia [Rm 5]</p> <p>Get That Job! Jeremy [Rm 6]</p>	<p>10:50 – 12:00</p> <p>Managing Change Anastasia [Rm 6]</p> <p>Assertiveness Workbook Shaun [Rm 2]</p> <p>Love &amp; Work Jeremy [Rm 5]</p>	<p>10:50 – 12:00</p> <p>Execute Your Function Anastasia [Rm 4]</p> <p>Understanding Emotion Reg. Nancy [Rm 6]</p>	<p>10:50 – 12:00</p> <p>Art &amp; the Power of One Question Maureen [Art Rm]</p> <p>Navigating Gender Mark [FH]</p>	<p>10:50 – 12:00</p> <p>Authentic Positivity Anastasia [Art Rm]</p> <p>Communication Jonna [Rm 4]</p> <p>Forgiveness Dave [Rm 2]</p>
11:40 – 12:15	<p>Managing Estranged &amp; Difficult Parents Anastasia [Rm 6]</p> <p>Skills Through Film Shaun [Rm 5]</p>	<p>Coping w Pain &amp; Illness Nancy [Rm 5]</p> <p>Concentration &amp; Memory Shaun [Rm 6]</p> <p>Living w Bipolar / Depression Cody [Rm 2]</p>	<p>Conquering Work &amp; School Anxiety Essence [Rm 4]</p> <p>Self-Esteem Nancy [Rm 6]</p> <p>Wellness Self-Management Shaun [Rm 5]</p>	<p>Self-Care Skills Anastasia [Art Rm]</p> <p>Advocacy in Action Jonna [Rm 4]</p> <p>Social Fears Dave [Rm 2]</p>	<p>10:50 – 12:00</p> <p>Recovery Through Dance Anastasia [Rm 6]</p> <p>Succeed Socially Cody [Rm 4]</p> <p>Navigating Life w ADHD Nancy [Rm 2]</p> <p>Co-occurring Power over Addiction (IR-IDDT) Nancy [Rm 2]</p> <p>Challenging Neg. Thinking Jonna [Rm 4]</p> <p>Mindfully Relaxed Anastasia [Rm 6]</p>

Groups in **bold** are new – Groups in *italics* are client-run electives — All groups are hybrid, except those **Highlighted -- these are on-site ONLY**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Lunch 12:15 – 1:00</b>										
<b>12:15 (Electives)</b>	<i>Improv Group</i> w. Gryffin [Rm 6]				<i>Exploring Your Passions</i> w. Peter [Rm 6]		<i>D&amp;D</i> w. John G & Alex C [Computer Lab]		<i>Music Club</i> w. Aaron [Rm 6]	
	<b>1:00 – 1:40</b>	<b>1:00 – 2:10</b>	<b>1:00 – 1:40</b>	<b>1:00 – 2:10</b>	<b>1:00 – 1:40</b>	<b>1:00 – 2:10</b>	<b>1:00 – 1:40</b>	<b>1:00 – 2:10</b>	<b>1:00 – 1:40</b>	<b>1:00 – 2:10</b>
	<p>Worry Control Jonna [Rm 5]</p> <p>Toxic Relationships Cody [Rm 6]</p>	<p>Visual Journaling Maureen [Art Rm]</p> <p><b>Community Living Expl. (Off-site) (1:00 - 2:40)</b> Essence &amp; Dave [Rm 2]</p>	<p>Trigger Warning Cody [Rm 2]</p> <p>Joy &amp; Love: Practicing Joy in Difficult Times Mark [Rm 6]</p>	<p>IR Relapse Prevention Dave [Rm 5]</p> <p>Creative Haven: Open Studio Maureen [Art Rm]</p>	<p>Tending to Grief Dave [FH]</p> <p>Life Lessons Through Mandalas &amp; Metaphor Maureen [Art Rm]</p> <p>IR Relapse Prevention Cody [Rm 5]</p> <p><b>DBT Mark [Rm 4]</b></p>	<p>Coping Skills Essence [FH]</p> <p>Mindfulness for Depression Nancy [Rm 6]</p> <p>Boundaries Cody [Rm 5]</p>	<p><b>DBT Mark [Rm 4]</b></p>	<p>Anger Management Shaun [Rm 6]</p>	<p><b>Connecting Through Music Mark [Milieu]</b></p> <p>Zentangle Mindfulness Maureen [Art Rm]</p>	

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