Rochester Rehabilitation

Schedule Date: 10/19/2026

Ventures PROS

Personalized Recovery Oriented Service

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00 – 10:40	**9:30 – 10:40**	**10:00 – 10:40**		**10:00 – 10:40**	**9:30 – 10:40**	**10:00 – 10:40**	**9:30 – 10:40**	**10:00 – 10:40**	**9:30 – 10:40**
Managing Insecurities Anastasia [Rm 2] **Obsessive Thoughts and Behaviors** Hannah [Rm 6] **Social Living** Ruth [Rm 5]	**IR Relapse Prevention** Mark [Rm 4]	**Mindful Self Compassion 2** Dave [Rm 2] **Mvg Fwd Toxic Guilt & Shame** Anastasia [Rm 4] **Organize Your Home!** Ruth [Rm 5] **Journaling for Self-Discovery** Nancy [Rm 6]		**I Shouldn't Feel This Way** Anastasia [Rm 4] **Coping Skills** Jonna [Rm 6] **Let's Get Fiscal!** Hannah [Rm 5]	**Finding Safety In Relationships** [Rm 2]	**Get out of Your Own Way 2** Hannah [Rm 2] **Journaling Techniques** Jonna [Rm 4] **Time Management Workshop** Ruth [Rm 6]	**IR Relapse Prevention** Mark [Rm 5]	**Building Self-Esteem** Cody [Rm 6] **DARE: Learning to Break Free from Anxiety & Panic Attacks** Dave [Rm 5] **Embracing Joy** Hannah [Rm 4]	**SSD Work Training (Off-site)** **10 – 12:00 PM** Jeremy [FH]
10:50 – 11:30	**10:50 – 12:00**	**10:50 – 11:30**	**10:50 – 12:00**	**10:50 – 11:30**	**10:50 – 12:00**	**10:50 – 11:30**	**10:50 – 12:00**	**10:50 – 11:30**	**10:50 – 12:00**
PTSD Workbook Anastasia [Rm 5] **Knock em Dead Job Interview** Jeremy [**FH**]	**Intuitive Eating** Cody [Rm 2] **DBT Emotion Reg (HW)** Jonna [Rm 4]	**Stop Sabotaging, Start Mastering 2** Anastasia [Rm 6] **Mindful Communication** Hannah [Rm 2] **The New Rules of Work** Jeremy [**FH**]	**DBT Emotion Reg (Teach)** Jonna [Rm 4]	**Execute Your Function 2** Anastasia **[Rm 5]** **Resolving Conflict** Nancy [Rm 6]	**Art as a Reflective Practice** Emily [Art Rm] **Navigating Gender 3** Mark **[Rm 4]**	**Self-Awareness and Insight** Anastasia [Art Rm] **Managing Difficult People** Jonna [Rm 4] **Embracing Imperfection** Ruth [FH]	**Current Events** Cody [Rm 6] **WRAP – Wellness Recovery Action Planning** Nancy [Rm 2]	**Recovery Through Dance 2** Anastasia [Rm 6] **Interpersonal Development** Cody [Rm 4] **Understanding Emotion Reg** Nancy [Rm 2]	**Good Grief** Ruth [Rm 5] ***(cont.)* SSD Work Training (Off-site)** **(10 – 12:00)** Jeremy
11:40 – 12:15		**11:40 – 12:15**		**11:40 – 12:15**		**11:40 – 12:15**		**11:40 – 12:15**	
Recovering from Emotionally Immature Parents Anastasia [Rm 6] **Accepting Anxiety** Emily [Rm 5]		**Holistic Wellness 2** Nancy [Rm 5] **Radical Acceptance** Hannah [Rm 6] **Bipolar: Understanding Your Mood Swings and Depression** Ruth [Rm 2]		**Designing Your Life 2** Corinne **[FH]** **Coping with Pain and Illness** Nancy [Rm 6] **Wellness Self-Management** Ruth [Rm 5]		**Skills for Self-Care 2** Anastasia [Art Rm] **Don't Sweat the Small Stuff 2** Jonna [Rm 4] **The Next Conversation** Dave [FH]		**Elements of Recovery (IR-IDDT)** Nancy [Rm 2] **Decreasing AnxietyThrough Self-Compassion** Jonna [Rm 4] **Mindfully Relaxed** Anastasia [Rm 6]	

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

PROS groups are identified as psycho-social rehabilitation groups, unless otherwise noted (i.e. IR or SSD groups)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch 12:15 – 1:00				
Gaming *w. Bella* *[Rm 6]* ***Client Advisory Office Hours*** *w. Tammi* *[Rm 5]*	***Binders Keepers*** *w. Haley* *[Rm 2]* ***Yoga and Meditation*** *w. Jamie* *[Rm 6]*	***Dance*** *w. Ivy* *[Rm 6]* ***Diamond Art*** *w. Tammi* *[Rm 2]*		***Music Club*** *w. Aaron* *[Rm 6]*
1:00 – 1:40	1:00 – 2:10	1:00 – 1:40	1:00 – 2:10	1:00 – 1:40	1:00 – 2:10	1:00 – 1:40	1:00 – 2:10	1:00 – 1:40	1:00 – 2:10
Reducing Worry Ruth [Rm 5]	**Anti-perfectionism and Art** Emily [Art Rm] **Community Living Expl. (Off-site)** **(1:00 - 2:40)** Corinne & Hannah [Rm 2] **Getting Closer to People** Cody [Rm 6]	**Bouncing Back from Life's Challenges** Cody [Rm 2] **The Happiness Project** Mark [Rm 6]	**IR Relapse Prevention** Dave [Rm 5] **Visual Journaling for Wellness** Emily [Art Rm]		**Good Grief** Dave [FH] **Practicing Gratitude Through Art** Emily [Art Rm] **IR Relapse Prevention** Cody [Rm 5] **DBT Distress Tolerance** Mark [Rm 4]	**Mindful Way Through Anxiety** Corinne [FH] **Coping with Depression** Ruth [Rm 6] **Better Boundaries** Hannah [Rm 5]	**DBT Distress Tolerance** Mark [Rm 4]	**Coping w Conflict, Loss & Anger** Hannah [Rm 6]	**Connecting Through Music 2** Mark [FH] **Mapping Your Emotions Through Art** Emily [Art Rm]

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

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