Groups in **bold** are new – Groups in *italics* are client-run electives

	Monday	Tuesday	Wednesday	Thursday	Friday
9:10 to 9:50			Memoir-Writing for Wellness [5] Chiya (WSM)		
9:45 10:00 to 10:40	IR Intensive Relapse Prevention [5] Mark (IR) *(9:45)* Developing Social Supports [2] Dave (BLS) **Staying on Track** **[4] Abena (IR-IDDT)** Bouncing Back from Life's Challenges [6] Jonna (WSM) Managing Stress & Problems [FH] Chiya (BLS)	**Conflict Resolution** **[2] Cody (BLS)** Overcoming Procrastination [4] Nancy (BLS) Advocacy & Action [6] Jonna (WSM) Accept Yourself [5] Ian (WSM)	Relaxation Skills [2] Mark (WSM) Declutter Challenge [5] Ian (BLS) **Anxiety Workshop** **[6] Cody (WSM)**	Strategies to Foster Confidence [2] Jonna (WSM) IR Intensive Relapse Prevention [4] Mark [IR] Mindful Way Through Anxiety II [5] Ian (BLS) Advanced Mindfulness II [6] Abena (WSM)	Get Out of Your Way [2] Nancy (WSM) Anticipating Employment II [4] Jeremy (WSM) Nonviolent Communication II [5] Ian (BLS) Alternative Therapies [6] Jonna (WSM)
10:50 to 11:30	Challenging Negative Thinking II [6] Dave (WSM) **Embracing Imperfection** **[2] Cody (WSM)** Work Makes Me Nervous II [5] Jeremy (WSM) ↓ DBT/HW Emotion Regulation [4] Patty (WSM) (10:50 - 11:45) *	Managing Intrusive Thoughts [2] Dave (WSM) Managing Difficult People II [FH] Cody (BLS) **Assertiveness Skills II** **[5] Ian (BLS)** Discover Your Power [6] Nancy (WSM) The Power of Emotions at Work [3] Jeremy (BLS) ↓ DBT/TEACH Emotion Regulation [4] Patty (WSM) (10:50 - 11:45) *	Advanced Mindfulness [2] Abena (WSM) Intensive Goal Acquisition [4] Dave (IR GA) Out-Thinking Suicide [5] Cody (WSM) **You Can Be Happy No Matter What!** **[6] Nancy (WSM)** Visual Journaling II (10:50- 11:55) * [3] Maureen (WSM)	Coping w Mood Disorders II [2] Cody (WSM) Getting Closer to People [4] Abena (BLS) Social Fears [5] Dave (WSM) **Wisdom Not to Worry** **[6] Nancy (WSM)**	Don't Be Alone [2] Abena (BLS) Social Skills Training [4] Mark (BLS) **Managing Anger & Aggression** **[5] Chiya (WSM)** Healing the Traces of Trauma II [6] Dave (WSM)

Rochester Rehabilitation

Schedule current as of:

6/13/2022

Ventures PROS

Personalized Recovery Oriented Service

	Monday	Tuesday	Wednesday	Thursday	Friday
11:40 to 12:15	Get Out of Your Comfort Zone [2] Dave (WSM) Smoking Cessation [5] Jonna (IR IDDT) Connections [6] Chiya (BLS)	Overcoming Codependency II [2] Nancy (WSM) **Boundaries** **[3] Jonna (WSM)** Integrating Recovery [5] Mark (WSM) Skills Through Metaphor [6] Chiya (WSM)	Skills Through Film [2] Nancy (WSM) **Self Esteem –** **Loving Yourself** **[5] Chiya (WSM)** Don't Sweat the Big Stuff II [6] Abena (WSM)	Staying Positive [2] Jonna (WSM) Overcoming Fear [6] Nancy (WSM) **Social Anxiety** **[5] Cody (WSM)** Mental Health Recovery Stories [4] Chiya (WSM)	Coping When You're Down [2] Ian (WSM) Developing Trust in Self & Relationships [4] Cody (WSM) Elements of Recovery (NEW CURRICULUM!) [5] Nancy (IR-IDDT) Clutter Connection [6] Abena (BLS)
12:15 to 1:00				***Crafting & More!*** *with Joy* ***Dungeons & Dragons!*** *with Meghan – contact Dave L.*	***Dungeons & Dragons (cont.)*** *with Meghan – contact Dave L.*
1:00 to 1:40	Decreasing Anxiety Thru Compassion II [6] Mark (WSM) **What Gets in the Way** **[5] Jonna (WSM)** **Be Social – Be Yourself** **(NEW Curriculum!)** **[4] Ian (BLS)** Worry Control Techniques [2] Cody (WSM)	Mindful Communication [6] Ian (BLS) Intensive Relapse Prevention [5] Abena (IR) Parenting [2] Chiya (BLS)	**Don't be Alone Again** **[2] Jonna (BLS)** Perfectionism in Perspective II [6] Ian (WSM) Breaking Exercise Barriers [5] Dave (WSM) IR Intensive Relapse Prev. [4] Mark (IR)	Holistic Wellness [4] Chiya (WSM) :60 Second Anger Mgmt [2] Jonna (WSM) DBT Essentials II [5] Mark (WSM) Mindfulness Through Depression II [6] Cody (WSM)	DBT Through Music II [FH] Mark (SSD) **Don't Sweat the Small Stuff** **[2] Nancy (WSM)** **Relationships** **[5] Chiya (WSM)** SSD Recreation [6] Jonna (SSD)
1:50 to 2:30	Tending to Grief II [6] Mark (WSM) ↓Decreasing Anxiety Through Art II [3] Maureen (WSM) (1:50 – 2:50) *	**Purpose & Pondering** **Through the Arts** **[3] Maureen (WSM)** **(1:50 - 2:45) *** **Obsessive Thoughts & Behaviors** **(NEW Curriculum! – Starts 6/14** **[2] Cody [WSM]**	Accepting Anxiety II [6] Ian (WSM) Tiny Expressions of Creative Mindfulness II [3] Maureen (WSM) (1:50 - 2:45) * ↓DBT/HW Distress Tolerance [4] Mark & Dave (WSM) (1:50 – 2:50) *	Anxiety Workshop [5] Abena (WSM) Journaling Techniques II [6] Ian (WSM) ↓ DBT/Teach Distress Tolerance [4] Mark & Dave (WSM) (1:50 – 2:50) *	