

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00 – 10:40	9:30 – 10:40	10:00 – 10:40		10:00 – 10:40		10:00 – 10:40	9:30 – 10:40	10:00 – 10:40	9:30 – 10:40
Managing Insecurities Anastasia [Rm 2] Managing Intrusive Thoughts Hannah [Rm 6] Be Social and Be Yourself Ruth [Rm 5]	IR Relapse Prevention Mark [Rm 4]	Mindful Self Compassion Dave [Rm 2] Stop People-Pleasing 2 Anastasia [Rm 4] Clutter Connection Ruth [Rm 5] Journaling for Self-Discovery Nancy [Rm 6]		Stop Overthinking 2 Anastasia [Rm 4] Coping w Anxiety 2 Jonna [Rm 6] Household Budgeting Hannah [Rm 5] Finding Safety in Relationships Cody [Rm 2]		Get out of Your Own Way Hannah [Rm 2] Journaling 2 Jonna [Rm 4] Bored n' Broke, No More! Ruth [Rm 6]	IR Relapse Prevention Mark [Rm 5]	Assertiveness Skills 2 Cody [Rm 6] DBT Skills for Anxiety Dave [Rm 5] Creating 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 Int. Effectiveness (HW) Jonna [Rm 4]	Stop Sabotaging, Start Mastering Anastasia [Rm 6] Communication Workbook Hannah [Rm 2] The New Rules of Work Jeremy [FH]	DBT Int. Effectiveness (Teach) Jonna [Rm 4]	Execute Your Function 2 Anastasia [Rm 5] Social Fears Nancy [Rm 6]	Creative Expressions Emily [Art Rm] Navigating Gender 2 Mark [Rm 4]	Authentic Positivity 2 Anastasia [Art Rm] Communication 2 Jonna [Rm 4] Forgiveness Ruth [Rm 2]	Current Events Cody [Rm 6] WRAP – Wellness Recovery Action Planning Nancy [FH]	Recovery Through Dance 2 Anastasia [Rm 6] Succeed Socially 2 Cody [Rm 4] Pathways to Health 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	
Managing Estranged & Difficult Parents 2 Anastasia [Rm 6] Social Skills & Self Esteem Emily [Rm 5]		Holistic Wellness Nancy [Rm 5] Radical Acceptance Hannah [Rm 6] Living w Bipolar / Depression Ruth [Rm 2]		Designing Your Life Corinne [FH] Self-Esteem 2 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] Social Fears 2 Dave [Rm 2]		Power over Addiction 2 (IR-IDDT) Nancy [Rm 2] Challenging Neg. Thinking 2 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)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch 12:15 – 1:00									
<p><i>Gaming</i> w. Bella [Rm 6]</p> <p><i>Client Advisory Office Hours</i> w. Tammi [Rm 5]</p>		<p><i>Binders Keepers</i> w. Haley [Rm 2]</p> <p><i>Yoga</i> w. Renee [Rm 6]</p>		<p><i>Dance</i> w. Ivy [Rm 6]</p>				<p><i>Music Club</i> w. Aaron [Rm 6]</p>	
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
<p>Worry Control Ruth [Rm 5]</p>	<p>Art & DBT Emily [Art Rm]</p> <p>Community Living Expl. (Off-site) (1:00 - 2:40) Corinne & Hannah [Rm 2]</p> <p>Love and Relationships Cody [Rm 6]</p>	<p>Trigger Warning 2 Cody [Rm 2]</p> <p>Joy & Love: Practicing Joy in Difficult Times 2 Mark [Rm 6]</p>	<p>IR Relapse Prevention Dave [Rm 5]</p> <p>Artful Healing Emily [Art Rm]</p>		<p>Tending to Grief 2 Dave [FH]</p> <p>Books, Boxes, Visual Journaling Emily [Art Rm]</p> <p>IR Relapse Prevention Cody [Rm 5]</p> <p>DBT Mark [Rm 4]</p>	<p>Advocacy in Action Corinne [FH]</p> <p>Mindfulness for Depression Ruth [Rm 6]</p> <p>Boundaries 2 Hannah [Rm 5]</p>	<p>DBT Mark [Rm 4]</p>	<p>60 Second Anger Management Hannah [Rm 6]</p>	<p>Connecting Through Music 2 Mark [FH]</p> <p>Creative Coping Artist Trading Cards Emily [Art Rm]</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**

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