

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
<p>Accept Yourself 2 Anastasia [Rm 2]</p> <p>Managing Intrusive Thoughts Shaun [Rm 6]</p> <p>Be Social and Be Yourself Ruth [Rm 5]</p>	<p>IR Relapse Prevention Mark [Rm 4]</p>	<p>Mindful Self Compassion Dave [Rm 2]</p> <p>Stop People-Pleasing 2 Anastasia [Rm 4]</p> <p>Clutter Connection Shaun [Rm 5]</p> <p>Journaling for Self-Discovery Nancy [Rm 6]</p>		<p>Stop Overthinking 2 Anastasia [Rm 4]</p> <p>Coping w Anxiety 2 Jonna [Rm 6]</p> <p>Household Budgeting Corinne [Rm 5]</p> <p>Finding Safety in Relationships Cody [Rm 2]</p>		<p>Get out of Your Own Way Shaun [Rm 2]</p> <p>Journaling 2 Jonna [Rm 4]</p> <p>Bored n' Broke, No More! Ruth [Rm 6]</p>	<p>IR Relapse Prevention Mark [Rm 5]</p>	<p>Assertiveness Skills 2 Cody [Rm 6]</p> <p>DBT Skills for Anxiety Dave [Rm 5]</p> <p>Creating Joy Ruth [Rm 4]</p>	<p>SSD Work Training (Off-site) 10 – 12:00 PM Jeremy [FH]</p>
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
<p>Non-Violent Communication 2 Shaun [Rm 5]</p> <p>Knock em Dead Job Interview Jeremy [FH]</p>	<p>Intuitive Eating Cody [Rm 2]</p> <p>DBT Int. Effectiveness (HW) Jonna [Rm 4]</p>	<p>Stop Sabotaging, Start Mastering Anastasia [Rm 6]</p> <p>Communication Shaun [Rm 2]</p> <p>The New Rules of Work Jeremy [FH]</p>	<p>DBT Int. Effectiveness (Teach) Jonna [Rm 4]</p>	<p>Execute Your Function 2 Anastasia [Rm 5]</p> <p>Insight for Overthinkers *New Curriculum* Nancy [Rm 6]</p>	<p>Creative Expressions Maureen [Art Rm]</p> <p>Navigating Gender 2 Mark [Rm 4]</p>	<p>Authentic Positivity 2 Anastasia [Art Rm]</p> <p>Communication 2 Jonna [Rm 4]</p> <p>Forgiveness Ruth [Rm 2]</p>	<p>Current Events Shaun [Rm 6]</p> <p>WRAP – Wellness Recovery Action Planning Nancy [FH]</p>	<p>Recovery Through Dance 2 Anastasia [Rm 6]</p> <p>Succeed Socially 2 Cody [Rm 4]</p> <p>Pathways to Health Nancy [Rm 2]</p>	<p>Good Grief Ruth [Rm 5]</p> <p>(cont.) SSD Work Training (Off-site) (10 – 12:00) Jeremy</p>
11:40 – 12:15		11:40 – 12:15		11:40 – 12:15		11:40 – 12:15		11:40 – 12:15	
<p>Managing Estranged & Difficult Parents 2 Anastasia [Rm 6]</p> <p>Skills Through Film Shaun [Rm 5]</p>		<p>Holistic Wellness Nancy [Rm 5]</p> <p>Managing Change Shaun [Rm 6]</p> <p>Living w Bipolar / Depression Ruth [Rm 2]</p>		<p>Designing Your Life Corinne [FH]</p> <p>Self-Esteem 2 Nancy [Rm 6]</p> <p>Wellness Self-Management Ruth [Rm 5]</p>		<p>Skills for Self-Care 2 Anastasia [Art Rm]</p> <p>Don't Sweat the Small Stuff 2 Jonna [Rm 4]</p> <p>Social Fears 2 Dave [Rm 2]</p>		<p>Power over Addiction 2 (IR-IDDT) Nancy [Rm 2]</p> <p>Challenging Neg. Thinking 2 Jonna [Rm 4]</p> <p>Mindfully Relaxed Anastasia [Rm 6]</p>	

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 5]</p>		<p><i>Exploring Your Passions</i> w. Peter [Rm 4] or <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 Maureen [Art Rm]</p> <p>Community Living Expl. (Off-site) (1:00 - 2:40) Shaun & Co. [Rm 2]</p> <p>Love and Relationships Cody [Rm 6]</p>	<p>Trigger Warning 2 Shaun [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 Maureen [Art Rm]</p>		<p>Tending to Grief 2 Dave [FH]</p> <p>Books, Boxes, Visual Journaling [Art Rm]</p> <p>IR Relapse Prevention Cody [Rm 5]</p> <p>DBT Mark [Rm 4]</p>	<p>Creative Coping 2 Shaun [FH]</p> <p>Mindfulness for Depression Ruth [Rm 6]</p> <p>Boundaries 2 Cody [Rm 5]</p>	<p>DBT Mark [Rm 4]</p>	<p>60 Second Anger Management Nancy [Rm 6]</p>	<p>Connecting Through Music 2 Mark [FH]</p> <p>Creative Coping Artist Trading Cards Maureen [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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