

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
Accept Yourself Dave [Rm 2]	IR Relapse Prevention Mark [Rm 4]	Mindful Self Compassion Dave [Rm 2]		Stop Overthinking 2 Anastasia [Rm 4]		Get out of Your Own Way Shaun [Rm 2]		Assertiveness Skills 2 Cody [Rm 6]	SSD Work Training (Off-site) 10 – 12:00 PM Jeremy [FH]
Obsessive Thoughts / Behaviors Shaun [Rm 6]		Stop People-Pleasing 2 Anastasia [Rm 4]		Coping w Anxiety 2 Jonna [Rm 6]		Journaling 2 Jonna [Rm 4]		DBT Skills for Anxiety Dave [Rm 5]	
Be Social and Be Yourself Ruth [Rm 5]		Procrastination Ruth [Rm 5]		Budgeting 101 Shaun [Rm 5]		Conflict Resolution Ruth [Rm 6]		Creating Joy Shaun [Rm 4]	
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
Non-Violent Communication 2 Anastasia [Rm 5]	Skills for Healthy Eating 2 Cody [Rm 2]	Managing Change 2 Anastasia [Rm 6]	DBT Int. Effectiveness (Teach) Jonna [Rm 4]	Execute Your Function 2 Anastasia [Rm 5]	Art & the Power of One Question Maureen [Art Rm]	Authentic Positivity 2 Anastasia [Art Rm]	Current Events Shaun [Rm 6]	Recovery Through Dance 2 Anastasia [Rm 6]	SSD Rec Ruth [Rm 5]
Get That Job! Jeremy [FH]	DBT Int. Effectiveness (HW) Jonna [Rm 4]	Assertiveness Workbook Shaun [Rm 2]		Insight for Overthinkers *New Curriculum* Nancy [Rm 6]	Navigating Gender 2 Mark [Rm 4]	Communication 2 Jonna [Rm 4]	WRAP – Wellness Recovery Action Planning Nancy [FH]	Succeed Socially 2 Cody [Rm 4]	(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]		Coping w Pain & Illness Nancy [Rm 5]		Conquering Work & School Anxiety 2 Corinne [FH]		Skills for Self Care Anastasia [Art Rm]		Power over Addiction 2 (IR-IDDT) Nancy [Rm 2]	
Skills Through Film Shaun [Rm 5]		Concentration & Memory Shaun [Rm 6]		Self-Esteem 2 Nancy [Rm 6]		Don't Sweat the Small Stuff 2 Jonna [Rm 4]		Challenging Neg. Thinking 2 Jonna [Rm 4]	
		Living w Bipolar / Depression Ruth [Rm 2]		Wellness Self-Management Ruth [Rm 5]		Social Fears Dave [Rm 2]		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				
	Yoga w. Renee [Rm 6]	Exploring Your Passions w. Peter [Rm 4] or Let's Dance! w. Ivy [Rm 6]		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
Worry Control Ruth [Rm 5]	Visual Journaling Maureen [Art Rm] Community Living Expl. (Off-site) (1:00 - 2:40) Dave & Co. [Rm 2] Toxic Relationships 2 Cody [Rm 6]	Trigger Warning 2 Cody [Rm 2] Joy & Love: Practicing Joy in Difficult Times 2 Mark [Rm 6]	IR Relapse Prevention Dave [Rm 5] Creative Haven: Open Studio Maureen [Art Rm]	Tending to Grief Dave [FH] Art & the Power of One Word [Art Rm] IR Relapse Prevention Cody [Rm 5] DBT Mark [Rm 4]
				Creative Coping 2 Corinne [FH] Mindfulness for Depression Ruth [Rm 6] Boundaries 2 Cody [Rm 5]
				DBT Mark [Rm 4] Anger Management Shaun [Rm 6] Creative Coping Artist Trading Cards Maureen [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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