

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] Obsessive Thoughts / Behaviors Shaun [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] Procrastination Ruth [Rm 5] Journaling for Self-Discovery Nancy [Rm 6]		Stop Overthinking 2 Anastasia [Rm 4] Coping w Anxiety 2 Jonna [Rm 6] Budgeting 101 Shaun [Rm 5] Relationships 2 Cody [Rm 2]		Get out of Your Own Way Shaun [Rm 2] Journaling 2 Jonna [Rm 4] Conflict Resolution Ruth [Rm 6]	IR Relapse Prevention Mark [Rm 5]	Assertiveness Skills 2 Cody [Rm 6] DBT Skills for Anxiety Dave [Rm 5] Creating Joy Shaun [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
Non-Violent Communication 2 Anastasia [Rm 5] Get That Job! Jeremy [FH]	Skills for Healthy Eating 2 Cody [Rm 2] DBT Int. Effectiveness (HW) Jonna [Rm 4]	Managing Change 2 Anastasia [Rm 6] Assertiveness Workbook Shaun [Rm 2] Love & Work Jeremy [FH]	DBT Int. Effectiveness (Teach) Jonna [Rm 4]	Execute Your Function 2 Anastasia [Rm 5] Insight for Overthinkers *New Curriculum* Nancy [Rm 6]	Art & the Power of One Question Maureen [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 Shaun [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]	SSD Rec 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] Skills Through Film Shaun [Rm 5]		Coping w Pain & Illness Nancy [Rm 5] Concentration & Memory Shaun [Rm 6] Living w Bipolar / Depression Ruth [Rm 2]		Conquering Work & School Anxiety 2 Corinne [FH] Self-Esteem 2 Nancy [Rm 6] Wellness Self-Management Ruth [Rm 5]		Skills for Self Care Anastasia [Art Rm] Don't Sweat the Small Stuff 2 Jonna [Rm 4] Social Fears 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>Yoga w. Renee [Rm 6]</p>		<p>Exploring Your Passions w. Peter [Rm 4] or Let's Dance! w. Ivy [Rm 6]</p>				<p>Music Club 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>Visual Journaling Maureen [Art Rm]</p> <p>Community Living Expl. (Off-site) (1:00 - 2:40) Dave & Co. [Rm 2]</p> <p>Toxic Relationships 2 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>Creative Haven: Open Studio Maureen [Art Rm]</p>		<p>Tending to Grief Dave [FH]</p> <p>Art & the Power of One Word [Art Rm]</p> <p>IR Relapse Prevention Cody [Rm 5]</p> <p>DBT Mark [Rm 4]</p>	<p>Creative Coping 2 Corinne [FH]</p> <p>Mindfulness for Depression Ruth [Rm 6]</p> <p>Boundaries 2 Cody [Rm 5]</p>	<p>DBT Mark [Rm 4]</p>	<p>Anger Management Shaun [Rm 6]</p>	<p>Connecting Through Music 2 Mark [Milieu]</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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