

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00 – 10:40	9:30 – 10:40	10:00 – 10:40		10:00 – 10:40	9:30 – 10:40	10:00 – 10:40	9:30 – 10:40	10:00 – 10:40	9:30 – 10:40
Managing Insecurities Anastasia [Rm 2] Obsessive Thoughts and Behaviors Hannah [Rm 6] Social Living Ruth [Rm 5]	IR Relapse Prevention Mark [Rm 4]	Mindful Self Compassion 2 Dave [Rm 2] Mvg Fwd Toxic Guilt & Shame Anastasia [Rm 4] Organize Your Home! Ruth [Rm 5] Journaling for Self-Discovery Nancy [Rm 6]		I Shouldn't Feel This Way Anastasia [Rm 4] Coping Skills Jonna [Rm 6] Let's Get Fiscal! Hannah [Rm 5]	Finding Safety In Relationships [Rm 2]	Get out of Your Own Way 2 Hannah [Rm 2] Journaling Techniques Jonna [Rm 4] Time Management Workshop Ruth [Rm 6]	IR Relapse Prevention Mark [Rm 5]	Building Self-Esteem Cody [Rm 6] DARE: Learning to Break Free from Anxiety & Panic Attacks Dave [Rm 5] Embracing 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 Emotion Reg (HW) Jonna [Rm 4]	Stop Sabotaging, Start Mastering 2 Anastasia [Rm 6] Mindful Communication Hannah [Rm 2] The New Rules of Work Jeremy [FH]	DBT Emotion Reg (Teach) Jonna [Rm 4]	Execute Your Function 2 Anastasia [Rm 5] Resolving Conflict Nancy [Rm 6]	Art as a Reflective Practice Emily [Art Rm] Navigating Gender 3 Mark [Rm 4]	Self-Awareness and Insight Anastasia [Art Rm] Managing Difficult People Jonna [Rm 4] Embracing Imperfection Ruth [Rm 2]	Current Events Cody [Rm 6] WRAP – Wellness Recovery Action Planning Nancy [FH]	Recovery Through Dance 2 Anastasia [Rm 6] Interpersonal Development Cody [Rm 4] Understanding Emotion Reg 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	
Recovering from Emotionally Immature Parents Anastasia [Rm 6] Accepting Anxiety Emily [Rm 5]		Holistic Wellness 2 Nancy [Rm 5] Radical Acceptance Hannah [Rm 6] Bipolar: Understanding Your Mood Swings and Depression Ruth [Rm 2]		Designing Your Life 2 Corinne [FH] Coping with Pain and Illness 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] The Next Conversation Dave [Rm 2]		Elements of Recovery (IR-IDDT) Nancy [Rm 2] Decreasing Anxiety Through Self-Compassion 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									
Gaming w. Bella [Rm 6] Client Advisory Office Hours w. Tammi [Rm 5]		Binders Keepers w. Haley [Rm 2] Yoga w. Jamie [Rm 6]		Dance w. Ivy [Rm 6] Diamond Art w. Tammi [Rm 2]				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	1:00 – 2:10	1:00 – 1:40	1:00 – 2:10	1:00 – 1:40	1:00 – 2:10
Reducing Worry Ruth [Rm 5]	Anti-perfectionism and Art Emily [Art Rm] Community Living Expl. (Off-site) (1:00 - 2:40) Corinne & Hannah [Rm 2] Getting Closer to People Cody [Rm 6]	Bouncing Back from Life's Challenges Cody [Rm 2] The Happiness Project Mark [Rm 6]	IR Relapse Prevention Dave [Rm 5] Visual Journaling for Wellness Emily [Art Rm]		Good Grief Dave [FH] Practicing Gratitude Through Art Emily [Art Rm] IR Relapse Prevention Cody [Rm 5] DBT Distress Tolerance Mark [Rm 4]	Mindful Way Through Anxiety Corinne [FH] Coping with Depression Ruth [Rm 6] Better Boundaries Hannah [Rm 5]	DBT Distress Tolerance Mark [Rm 4]	Coping w Conflict, Loss & Anger Hannah [Rm 6]	Connecting Through Music 2 Mark [FH] Mapping Your Emotions Through Art Emily [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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