

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
<b>Accept Yourself</b> Dave [Rm 2]  <b>Obsessive Thoughts / Behaviors</b> Shaun [Rm 6]  <b>Be Social and Be Yourself</b> Ruth [Rm 5]	<b>IR Relapse Prevention</b> Mark [Rm 4]	<b>Mindful Self Compassion</b> Dave [Rm 2]  <b>Stop People-Pleasing 2</b> Anastasia [Rm 4]  <b>Clutter Connection</b> Shaun [Rm 5]  <b>Journaling for Self-Discovery</b> Nancy [Rm 6]		<b>Stop Overthinking 2</b> Anastasia [Rm 4]  <b>Coping w Anxiety 2</b> Jonna [Rm 6]  <b>Budgeting 101</b> Corinne [Rm 5]  <b>Relationships 2</b> Cody [Rm 2]		<b>Get out of Your Own Way</b> Shaun [Rm 2]  <b>Journaling 2</b> Jonna [Rm 4]  <b>Bored n' Broke, No More!</b> Ruth [Rm 6]	<b>IR Relapse Prevention</b> Mark [Rm 5]	<b>Assertiveness Skills 2</b> Cody [Rm 6]  <b>DBT Skills for Anxiety</b> Dave [Rm 5]  <b>Creating Joy</b> Ruth [Rm 4]	<b>SSD Work Training (Off-site)</b> <b>10 – 12:00 PM</b> 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
<b>Non-Violent Communication 2</b> Shaun [Rm 5]  <b>Knock em Dead Job Interview</b> Jeremy [FH]	<b>Skills for Healthy Eating 2</b> Cody [Rm 2]  <b>DBT Int. Effectiveness (HW)</b> Jonna [Rm 4]	<b>Stop Sabotaging, Start Mastering</b> Anastasia [Rm 6]  <b>Assertiveness Workbook</b> Shaun [Rm 2]  <b>The New Rules of Work</b> Jeremy [FH]	<b>DBT Int. Effectiveness (Teach)</b> Jonna [Rm 4]	<b>Execute Your Function 2</b> Anastasia [Rm 5]  <b>Insight for Overthinkers *New Curriculum*</b> Nancy [Rm 6]	<b>Creative Expressions</b> Maureen [Art Rm]  <b>Navigating Gender 2</b> Mark [Rm 4]	<b>Authentic Positivity 2</b> Anastasia [Art Rm]  <b>Communication 2</b> Jonna [Rm 4]  <b>Forgiveness</b> Ruth [Rm 2]	<b>Current Events</b> Shaun [Rm 6]  <b>WRAP – Wellness Recovery Action Planning</b> Nancy [FH]	<b>Recovery Through Dance 2</b> Anastasia [Rm 6]  <b>Succeed Socially 2</b> Cody [Rm 4]  <b>Pathways to Health</b> Nancy [Rm 2]	<b>SSD Rec</b> Ruth [Rm 5]  <b>(cont.) SSD Work Training (Off-site)</b> <b>(10 – 12:00)</b> Jeremy
11:40 – 12:15		11:40 – 12:15		11:40 – 12:15		11:40 – 12:15		11:40 – 12:15	
<b>Managing Estranged &amp; Difficult Parents 2</b> Anastasia [Rm 6]  <b>Skills Through Film</b> Shaun [Rm 5]		<b>Coping w Pain &amp; Illness</b> Nancy [Rm 5]  <b>Concentration &amp; Memory</b> Shaun [Rm 6]  <b>Living w Bipolar / Depression</b> Ruth [Rm 2]		<b>Conquering Work &amp; School Anxiety 2</b> Corinne [FH]  <b>Self-Esteem 2</b> Nancy [Rm 6]  <b>Wellness Self-Management</b> Ruth [Rm 5]		<b>Skills for Self Care</b> Anastasia [Art Rm]  <b>Don't Sweat the Small Stuff 2</b> Jonna [Rm 4]  <b>Social Fears 2</b> Dave [Rm 2]		<b>Power over Addiction 2 (IR-IDDT)</b> Nancy [Rm 2]  <b>Challenging Neg. Thinking 2</b> Jonna [Rm 4]  <b>Mindfully Relaxed</b> 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									
<i>Gaming</i> w. Bella [Rm 6]		<i>Binders Keepers</i> w. Haley [Rm 2]  <i>Yoga</i> w. Renee [Rm 6]		<i>Exploring Your Passions</i> w. Peter [Rm 4] or <i>Dance</i> w. Ivy [Rm 6]				<i>Music Club</i> 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
Worry Control Ruth [Rm 5]	Art & DBT Maureen [Art Rm]  Community Living Expl. (Off-site) (1:00 - 2:40) Shaun & Co. [Rm 2]  Toxic Relationships 2 Cody [Rm 6]	Trigger Warning 2 Shaun [Rm 2]  Joy & Love: Practicing Joy in Difficult Times 2 Mark [Rm 6]	IR Relapse Prevention Dave [Rm 5]  Artful Healing Maureen [Art Rm]		Tending to Grief Dave [FH]  Books, Boxes, Visual Journaling [Art Rm]  IR Relapse Prevention Cody [Rm 5]  DBT Mark [Rm 4]	Creative Coping 2 Shaun [FH]  Mindfulness for Depression Ruth [Rm 6]  Boundaries 2 Cody [Rm 5]	DBT Mark [Rm 4]	Anger Management Nancy [Rm 6]	Connecting Through Music 2 Mark [Milieu]  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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