


Individual Appointments are available 8:00 AM – 4:00 PM

Groups in bold are new – Groups in *italics* are client-run electives
 All groups are hybrid, except those **Highlighted** -- these are **on-site ONLY**

	Monday	Tuesday	Wednesday	Thursday	Friday
9:10 to 9:50					
9:45	IR Intensive Relapse Prevention [5] Mark (IR) (9:45)				
10:00 to 10:40	Pathways to Health [2] Alicia (WSM) Managing Intrusive Thoughts [4] Shaun (WSM) Coping w Anxiety & Loneliness [6] Jonna (WSM)	Taking Risks [2] Cody (WSM) Get Out of Your Way II [4] Nancy (WSM) Staying Motivated [6] Jonna (BLS) You Can Be Happy [5] Anastasia (WSM)	Be Social, Be Yourself [2] Alicia (WSM) Journaling II [4] Jonna (WSM) Assertiveness Workbook [5] Shaun (BLS) Assertiveness Skills II [6] Cody (BLS)	Interpersonal Development [2] Jonna (BLS) IR Intensive Relapse Prevention [4] Mark (IR) Advocacy in Action II [5] Anastasia (WSM) Current Events [6] Shaun (WSM)	IR Intensive Relapse Prevention [4] Cody (IR) Strategies for Navigating Life with ADHD [2] Nancy (WSM) The Happiness Advantage [FH] Jeremy (BLS) Self-Awareness and Insight [5] Anastasia (WSM) Better Boundaries [6] Jonna (WSM)
10:50 to 11:30	Don't Be Alone [6] Alicia (WSM) Meal Prep 101 [2] Cody (BLS) What Color is Your Parachute II? [5] Jeremy (WSM) ↓ DBT/HW Emotion Regulation [4] Jonna (WSM) (10:50 - 11:45) *	Managing Insecurity [2] Shaun (WSM) Relationships II [FH] Cody (BLS) Execute Your Function [5] Anastasia (WSM) Emotional Intelligence In the Workplace [3] Jeremy (BLS) ↓ DBT/TEACH Emotion Regulation [4] Jonna/Dave (WSM) (10:50 - 11:45) *	Intensive Goal Acquisition [FH] Mark (IR GA) Trigger Warning: Heal, Don't React Part II [2] Cody (WSM) Coping w Pain & Illness [6] Nancy (WSM) Books 'n Boxes using Visual Journaling for Emotion Regulation (10:50 - 11:55) * [3] Maureen (WSM)	Finding & Navigating Love [2] Cody (WSM) It's Not You [4] Shaun (BLS) DARE – Learning to Break Through Anxiety [5] Alicia (WSM) The Art of Listening [6] Nancy (BLS)	Creating Joy [2] Shaun (WSM) Integrating Recovery [4] Mark (BLS) Building Resilience to Shame [5] Nancy (WSM) Wellness Self-Management III [6] Alicia (WSM)



Rochester Rehabilitation

Schedule current as of: 9/23/2024

Personalized Recovery Oriented Service

Ventures PROS

	Monday	Tuesday	Wednesday	Thursday	Friday
11:40 to 12:15	<p>Skills Through Metaphor [2] Alicia (WSM)</p> <p>Skills Through Film [6] Shaun (WSM)</p>	<p>Accepting Anxiety [2] Shaun (WSM)</p> <p>Self-Esteem [FH] Alicia (WSM)</p> <p>Building New Habits [5] Mark (WSM)</p> <p>Managing Unhealthy Family Relationships [6] Nancy (WSM)</p>	<p>Overcoming Procrastination [2] Nancy (BLS)</p> <p>Feeling Some Kind of Way [5] Alicia (WSM)</p> <p>Household Budgeting [6] Shaun (B&FM)</p> <p>Books 'n Boxes (cont.) (10:50 - 11:55) * [3] (WSM)</p>	<p>Mental Health & Fitness II (Walking Group!) [FH] Jonna (BLS)</p> <p>Radical Acceptance [6] Nancy (WSM)</p> <p>Embracing Imperfection [5] Cody (WSM)</p> <p>Developing Trust in Self & Others II [4] Anastasia (WSM)</p>	<p>Mapping Your Emotions [2] Alicia (BLS)</p> <p>Succeeding Socially [6] Cody (BLS)</p> <p>Staying on Track II [5] Nancy (IR-IDDT)</p> <p>Non-Violent Communication II [FH] Anastasia (BLS)</p>
12:15 to 1:00	<p><i>Dungeons & Dragons w John [Computer Lab] (contact Dave L.) (12:30 – 1:30)</i></p>	<p><i>Navigating Gender with Max [Room 4]</i></p>		<p><i>Crafting & More! with Annalee [Room 3]</i></p>	<p><i>Music Club with Aaron [Room 6]</i></p>
1:00 to 1:40	<p>Building Self-Esteem Through Mastery [6] Mark (BLS)</p> <p>Mindfully Relaxed [4] Anastasia (WSM)</p> <p>Healing from Toxic Relationships [2] Cody (WSM)</p>	<p>Bouncing Back from Life's Challenges [6] Anastasia (WSM)</p> <p>Intensive Relapse Prevention [5] Alicia (IR)</p> <p>Daring Greatly Shaun [2] (WSM)</p>	<p>Don't Sweat the Small Stuff II [2] Jonna (WSM)</p> <p>How to Stop People-Pleasing [6] Anastasia (WSM)</p> <p>Good Grief [FH] Alicia (WSM)</p> <p>IR Intensive Relapse Prev. (12:45 – 1:40) * [4] Mark (IR)</p>	<p>Don't Sweat the Small Stuff [4] Jeremy (WSM)</p> <p>Tending to Grief [FH] Mark (WSM)</p> <p>Dodging Life Traps II [6] Cody (WSM)</p>	<p>Social Rhythms II (Drum Circle) [FH] Mark (BLS)</p> <p>SSD Recreation [6] Jonna (SSD)</p> <p>Anger Management [5] Shaun (WSM)</p> <p>Zentangle Mindfulness II (1:00 – 2:00) [3] Maureen (WSM)</p>
1:50 to 2:30	<p>True Belonging [6] Mark (WSM)</p> <p>Managing Estranged & Difficult Parents II [2] Anastasia (WSM)</p> <p>Art and DBT [3] Maureen (WSM) (1:50 – 2:50) *</p>	<p>Getting Closer to People [2] Jonna (BLS)</p> <p>Creative Haven: Open Studio Art Therapy [3] Maureen (WSM) (1:50 - 2:50) *</p>	<p>23 Techniques to stop Overthinking [6] Anastasia (WSM)</p> <p>Artful Healing [3] Maureen (WSM) (1:50 - 2:50) *</p> <p>↓ DBT/HW Distress Tolerance [4] Mark (WSM) (1:50 – 2:50) *</p>	<p>Communication Workbook [5] Shaun (WSM)</p> <p>Journaling for Self-Discovery II [6] Nancy (WSM)</p> <p>↓ DBT/Teach Distress Tolerance [4] Mark (WSM) (1:50 – 2:50) *</p>	