

# 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) <i>(9:45)</i>				
10:00 to 10:40	Pathways to Health [2] Dave (WSM) <b>Managing Intrusive Thoughts [4] Shaun (WSM)</b> Better Boundaries II [6] Jonna (WSM)	Taking Risks [2] Cody (WSM) Get Out of Your Way [4] Nancy (WSM) Staying Motivated [6] Jonna (BLS) Choosing Joy [5] Anastasia (WSM)	Holistic Wellness [2] Jackie (WSM) Journaling for Wellness II [4] Jonna (WSM) Communication II [5] Shaun (BLS) Assertiveness Skills II [6] Cody (BLS)	<b>Interpersonal Development [2] Jonna (BLS)</b> 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) Overcoming Fear [2] Nancy (WSM) The Happiness Advantage [FH] Jeremy (BLS) Dealing w Depression II [5] Anastasia (WSM) Assertiveness Workbook [6] Jonna (BLS)
10:50 to 11:30	Daring Greatly [6] Jackie (WSM) Eating for Health [2] Cody (BLS) What Color is Your Parachute II? [5] Jeremy (WSM) ↓ DBT/HW Distress Tolerance [4] Jonna (WSM) (10:50 - 11:45) *	Think Like a Monk [2] Shaun (WSM) Relationships [FH] Cody (BLS) <b>Execute Your Function [5] Anastasia (WSM) * NEW CURRICULUM *</b> Emotional Intelligence In the Workplace [3] Jeremy (BLS) ↓ DBT/TEACH Distress Tolerance [4] Jonna/Dave (WSM) (10:50 - 11:45) *	Intensive Goal Acquisition [FH] Jackie (IR GA) Trigger Warning: Heal, Don't React [2] Cody (WSM) <b>Coping w Pain &amp; Illness [6] Nancy (WSM) * NEW CURRICULUM *</b> Books 'n Boxes using Visual Journaling for Emotion Regulation (10:50 - 11:55) * [3] Maureen (WSM)	Discover Your Power [2] Cody (WSM) It's Not You [4] Shaun (BLS) DARE – Learning to Overcome Panic Attacks II [5] Dave (WSM) Concentration & Memory [6] Nancy (BLS)	Anxiety & Phobia [2] Shaun (WSM) Radical Self-Love II [4] Mark (WSM) PTSD Workbook III [5] Nancy (WSM) Wellness Self-Management II [6] Dave (WSM)



Schedule current as of: 4/22/2024

Personalized Recovery Oriented Service  
**Ventures PROS**

	Monday	Tuesday	Wednesday	Thursday	Friday
11:40 to 12:15	<b>Skills Through Metaphor</b> <b>[2] Dave (WSM)</b>  Skills Through Film [6] Shaun (WSM)	Social Fears [2] Shaun (WSM)  Dealing w Depression [FH] Jackie (WSM)  Building New Habits [5] Mark (WSM)  Managing Unhealthy Family Relationships [6] Nancy (WSM)	Strategies for Navigating Life w ADHD II [2] Nancy (WSM)  Search Inside Yourself II [5] Dave (WSM)  Let's Get Fiscal [6] Shaun (B&FM)  Books 'n Boxes (cont.) (10:50 - 11:55) * [3] (WSM)	<b>Mental Health &amp; Fitness II</b> <b>(Walking Group!)</b> <b>[FH] Jonna (BLS)</b>  Smashing Stigma! [6] Nancy (WSM)  Time Management Workshop [5] Cody (BLS)  Developing Trust in Self & Others [4] Anastasia (WSM)	Medication Education & Self-Management [2] Dave (BLS)  <b>Succeeding Socially</b> <b>[6] Cody (BLS)</b>  Staying on Track [5] Nancy (IR-IDDT)  Non-Violent Communication II [FH] Anastasia (BLS)
12:15 to 1:00	<i>Dungeons &amp; Dragons</i> <i>w John [Computer Lab]</i> <i>(contact Dave L.)</i> <i>(12:30 – 1:30)</i>	<i>Navigating Gender</i> <i>with Max</i> <i>[Room 4]</i>		<i>Crafting &amp; More!</i> <i>with Annalee</i> <i>[Room 3]</i>	<i>Music Club</i> <i>with Aaron [Room 6]</i>
1:00 to 1:40	Mapping Our Emotions [6] Mark (WSM)  Mindfully Relaxed [4] Anastasia (WSM)  Behavioral Activation [2] Cody (WSM)	Coping When You're Down [6] Anastasia (WSM)  Intensive Relapse Prevention [5] Dave (IR)  Embracing Joy in Chaos [2] Jackie (WSM)	Don't Sweat the Small Stuff II [2] Jonna (WSM)  Setting Boundaries, Finding Peace [6] Anastasia (WSM)  Good Grief [5] Dave (WSM)  IR Intensive Relapse Prev. (12:45 – 1:40) * [4] Mark (IR)	Reducing Your Worry [4] Jeremy (WSM)  Applying Acceptance Skills [FH] Mark (WSM)  Dodging Life Traps [6] Cody (WSM)	<b>Social Rhythms (Drum Circle)</b> <b>[FH] Mark (BLS)</b>  <b>SSD Recreation</b> <b>[6] Jonna (SSD)</b>  Understanding Your Chronic Mental Illness [5] Shaun (WSM)  Zentangle Mindfulness (1:00 – 2:00) [4] Maureen (WSM)
1:50 to 2:30	Discover Your Power [6] Mark (WSM)  Managing Estranged & Difficult Parents [2] Anastasia (WSM)  Mapping our Emotions Through Art [3] Maureen (WSM) (1:50 – 2:50) *	Creative Coping & Artist Trading Cards [3] Maureen (WSM) (1:50 - 2:45) *  Developing Social Supports [2] Jonna [BLS]	Managing Insecurities [6] Anastasia (WSM)  Decreasing Anxiety Through Art [3] Maureen (WSM) (1:50 - 2:45) *  ↓DBT/HW Interpersonal Effectiveness [4] Mark (WSM) (1:50 – 2:50) *	Logged In & Stressed Out [5] Shaun (WSM)  Journaling for Self-Discovery [6] Nancy (WSM)  ↓ DBT/Teach Interpersonal Effectiveness [4] Mark (WSM) (1:50 – 2:50) *	