

# Ventures PROS 3<sup>rd</sup> Semester Participation/Elective Schedule

Ventures PROS electives are designed to enhance your recovery journey by offering you the opportunity to engage in a therapeutic environment with your peers. The electives are designed to foster awareness, hope, support, and motivation for recovery. These electives are offered in addition to PROS services and your participation in the “electives” is optional. Many of our electives are run by program participants and staff!

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:10	Computer Lab	Computer Lab	Computer Lab	Computer Lab	Computer Lab
9:10	Computer Lab		Computer Lab Client Advisory Committee w/ Patty [FH]	Computer Lab	Resume and Interviewing w/ Anne [6]
10:00	Computer Lab Open Art w/ Diane [3]	Computer Lab opened at 10:15 Meditation Thru Art w/ Rebecca [3] Pet Therapy w/ Ann [FH]	Computer Lab Human Energies w/Diane [4]	Card Club w/ Kathleen [Kitchen] playing games Earth Energies w/ Diane [5]	Computer Lab opened at 10:15
11:00	Open Art w/ Diane [3] Board Games w/ Lisa [1]	Computer Lab Book Club w/ Katie [3]	Computer Lab Organizing Space (Feng Shui) w/ Diane [FH] AA/NA w/ Tina (women only) [1]	Crafts w/ Karen [Milu] Guided by the Lunar Cycles w/ Diane [5]	Computer Lab Story Writing w/ Donna [4]
12:15 – 12:45	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Computer Lab 1000 Hand Qigong w/ Kara [1]	Computer Lab Dance & Exercise w/ Rosenorma [1]	Computer Lab	Computer Lab Dance & Exercise w/ Rosenorma [1]	Computer Lab Skills Thru Films w/ Maureen [6]
2:00	Computer Lab Creativity Thru Art w/ Colleen [3]	Computer Lab	Computer Lab Expression Thru Music w/ Deann [1]	Salsa Dancing w/Jorge [FH]	Computer Lab Skills Thru Films continued [6]