

Name: _____

PROSper June 5, 2017 - October 2, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 to 11:20	Mental Health Relapse Prevention-MM IR-IRP (SGR) Seeking Safety - JD CRS-WSM (2nd Fl) Alternative Coping Skills - IF CRS-WSM (CR)	Living with Anxiety #2 - DP CRS-WSM (CR) WSM+ - SC CRS-WSM (SGR) ACTIVITY: Intro to Japanese - YT (2nd Fl)	Let's Talk DBT! - MaM CRS-WSM (2nd Fl) Introduction to DBT - SC CRS-WSM (SGR) Get Off Your... - DB CRS-WSM (CR)	Power of Interaction - DP CRS-BLS (SGR) Creating Connections - IF CRS-BLS (CR) ACTIVITY: (2nd Fl)	Recovery t. Creative Writing - TP CRS-WSM (CR) MICA Relapse Prevention #2 - ML IR-IRP (SGR) Acceptance of Loss - MaM CRS-WSM (2nd Fl)
11:30 to 12:20	MICA Relapse Prevention #1 - IF IR-IRP (2nd Fl) Express Yourself - TP CRS-WSM (SGR) Coping Skills #1 - SC CRS-WSM (CR)	Anger & Acceptance - DP CRS-WSM (SGR) Keeping it Real - DB CRS-WSM (CR) ACTIVITY: (2nd Fl)	Let's Talk CBT! - JD CRS-WSM (SGR) CBT - TP CRS-WSM (CR) Working Through - MaM CRS-CLE (2nd Fl)	One Day at a Time - SC CRS-WSM (2nd Fl) Meaningful Life Roles - MaM CRS-CLE (CR) Hear My Voice - DP CRS-WSM (SGR)	Planning for Change - ML CRS-IRCP (CR) Coping with Change - JD CRS-WSM (SGR)
12:20 to 12:50	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 to 1:50	Freedom From Nicotine - ML CRS-WSM (2nd Fl) Living Independently - DB CRS-BLS (CR) ACTIVITY: Introduction to CBT - MV (Lounge)	Managing Stress - IF CRS-WSM (CR) ACTIVITY: Share Your Talent - JF (2nd Fl)	Eating & Living Well - SC CRS-WSM (2nd Fl) Embracing Imperfection - IF CRS-WSM (CR)	WRAP - MaM CRS-WSM (CR) ACTIVITY: (SGR)	DBT Emotion Regulation - TP CRS-WSM (CR)
2:00 to 2:50	DBT Distress Tolerance - IF CRS-WSM (CR) Where Are You Going? - SC CRS-CLE (SGR)	What's On My Mind? - DP CRS-WSM (CR)	Beautiful Minds - JD CRS-WSM (SGR) Family, Friends & Others - SC CRS-WSM (CR) ACTIVITY: Physical & Mental Wellness - MV (2nd Fl)	Assertiveness - DP CRS-WSM (CR)	Health & Wellness - ML CRS-WSM (CR)
3:00 to 3:50	Living with Anxiety #1 - JD CRS-WSM (CR)	Relationships - IF CRS-BLS (CR)	Therapeutic Endeavors - DB CRS-BLS (CR)	Coping Skills #2 - DP CRS-WSM (CR)	MICA CHOICES - MM CRS-WSM (CR)

*Gray Indicates Closed Group

(CRS) Community Rehab & Support
 (BLS) Basic Living Skills
 (BFM) Benefits & Financial Management
 (CLE) Community Living Explor.
 (I & E) Info & Educ. re Self Help
 (ENG) Engagement
 (IRCP) Ind Recov. Planning

(IR) Intensive Rehabilitation
 (FPE) Family Psycho Ed.
 (SSDS) Struc Skill Dev & Sup
 (WSM) Wellness Self Manage.
 (SA) Supplemental Activities
 (IRP) Intensive Relapse Prev.
 (IRGA) Intensive Rehab.Goal Acquisition

(IT) Integrated Tx for Co-occurring d/o (also in Clinical)
 ORS=Ongo Rehab/Support

Individual Session:

GOAL ():	GOAL ():
Objective:	Objective:
Objective:	Objective:
Objective:	Objective: