

Name: _____

PROSper June 4, 2018 - September 28, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 to 11:20	Living DBT - SC CRS-WSM (SGR) Living with Anxiety - IF/RP CRS-WSM (CR) WSM+ - RF CRS-WSM (2nd Fl)	Women's Recovery - DP CRS-WSM (2nd Fl) Men's Recovery - SBW CRS-WSM (SGR) DBT Emotion Regulation - RF CRS-WSM (CR) ACTIVITY: Get Off Your... - Ryan P. (Lounge to Outdoors)	Acceptance of Loss - MaM CRS-WSM (SGR) Anger & Acceptance - SBW CRS-WSM (CR) ACTIVITY: "Vacation" with Sabrina (2nd Fl to Outdoors)	DBT Distress Tolerance - MaM CRS-WSM (SGR) What's On My Mind? - DP CRS-WSM (CR) ACTIVITY: Walking on the Trail - Jerome (2nd Fl)	Recovery Through Creative Writing - IF CRS-WSM (CR) Introduction to DBT - ML CRS-WSM (SGR) ACTIVITY: Mandala Meditation - Rachel (2nd Fl)
11:30 to 12:20	Alternative Coping Skills - IF CRS-WSM (CR) CBT/DBT - RF CRS-WSM (SGR) Seeking Safety - SC CRS-WSM (2nd Fl)	Living Independently - SBW CRS-BLS (2nd Fl) Assertiveness - RF/RP CRS-WSM (CR) Power of Interaction - IF CRS-BLS (SGR)	Working Through - MaM CRS-CLE (SGR) CBT - SBW CRS-WSM (CR) Relapse Prevention (MH&SU) - SC IR-IRP (2nd Fl)	What's Getting In The Way? - SBW CRS-WSM (SGR) Meaningful Life Roles - MaM CRS-CLE (CR) ACTIVITY: (2nd Fl)	Coping Skills - SC CRS-WSM (CR) Get Off Your... - RF CRS-WSM (SGR) ACTIVITY: Arts & Crafts - Judit (2nd Fl)
12:20 to 12:50	Lunch ACTIVITY: Academy of Peer Svs - Dina (Computer Room)	Lunch	Lunch	Lunch	Lunch
1:00 to 1:50	Keeping It Real - DB CRS-WSM (CR) ACTIVITY: (Lounge)	Eating & Living Well - SC CRS-WSM (2nd Fl) Self-Esteem - DP CRS-WSM (CR) ACTIVITY: Technology Basics - Ryan P. (Computer Room)	CHOICES - RF CRS-WSM (2nd Fl) Beautiful Minds - IF CRS-WSM (CR)	Coping Skills - SBW CRS-WSM (CR) 1:30pm ACTIVITY: Hiking in the Woods - Debra B (SGR to Outdoors)	Health & Wellness - ML CRS-WSM (CR) 1:30pm ACTIVITY: Self-Reiki - Melissa (SGR)
2:00 to 2:50	Coping with Change - IF CRS-WSM (CR) ACTIVITY: (2nd Fl)	Managing Stress - DP CRS-WSM (SGR) Family, Friends, & Others - SC/RP CRS-BLS (CR)	Embracing Imperfection - IF CRS-WSM (CR) ACTIVITY: Writing Workshop - Melissa (SGR)	Living with Anxiety - DP CRS-WSM (CR) ACTIVITY: (2nd Fl)	Sex, Body, & Relationships - ML CRS-WSM (CR) 2:30pm ACTIVITY: Card Games - Izzy (SGR)
3:00 to 3:50	Therapeutic Endeavors - RF CRS-BLS (CR)	Creating Connections- SBW CRS-BLS (CR)	Social Living for Work & School - SBW CRS-BLS (CR)	Hear My Voice - SBW CRS-WSM (CR)	Where Are You Going? - TBA CRS-CLE (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

MH = Mental Health SU = Substance Use

Individual Session:

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