

Name: _____

PROSPer October 1, 2018 -January 7, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 to 11:20	Living DBT - SC CRS-WSM (SGR) Introduction to DBT - RF CRS-WSM (CR) One Day At A Time - IF CRS-WSM (2nd Fl)	Anger & Acceptance - SBW CRS-WSM (CR) Embracing Imperfection - RF CRS-WSM (SGR) Family, Friends, & Others - IF CRS-BLS (2nd Fl)	Relationships - IF CRS-BLS (SGR) Relapse Prevention (MH&SU) - SC IR-IRP (2nd Fl) DBT Emotion Regulation - RF CRS-WSM (CR)	Helping Men Recover - SBW CRS-WSM (CR) Helping Women Recover - SC CRS-WSM (SGR) Acceptance of Loss - IF CRS-WSM (2nd Fl)	Recovery Through Creative Writing - IF CRS-WSM (CR) Freedom From Nicotine - ML CRS-WSM (SGR) ACTIVITY: Mandala Meditation - Rachel (2nd Fl)
11:30 to 12:20	Coping Skills - KSA CRS-WSM (CR) CBT/DBT (part 2) - RF CRS-WSM (SGR) Seeking Safety - SC CRS-WSM (2nd Fl)	CBT/DBT (part 1) - RF CRS-WSM (SGR) Alternative Coping Skills - IF CRS-WSM (CR) Assertiveness - KSA CRS-WSM (2nd Fl)	Living Independently - SBW CRS-BLS (SGR) Planning for Change - KSA CRS-IRCP (2nd Fl) Meaningful Life Roles - SC CRS-CLE (CR)	CBT - SBW CRS-WSM (CR) Let's Talk CBT! - RF CRS-WSM (SGR) Mental Health Relapse Prevention - SC IR-IRP(2nd Fl)	Living with Anxiety - JO CRS-WSM (SGR) Get Off Your... - RF CRS-WSM (CR)
12:20 to 12:50	Lunch Break ACTIVITY: Academy of Peer Svs - Dina (Computer Room)	Lunch Break	Lunch Break	Lunch Break	Lunch Break ACTIVITY: Arts & Crafts - Judit (2nd Fl)
1:00 to 1:50	Eating & Living Well - DB CRS-WSM (CR) CBT - JO CRS-WSM (2nd Fl)	WRAP - KSA CRS-WSM (CR) Ready to Work - SC CRS-CLE (2nd Fl)	CHOICES - RF CRS-WSM (2nd Fl) Beautiful Minds - IF CRS-WSM (CR)	WSM - JO 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	Power of Interaction - RF CRS-BLS (CR) Creating Connections - JO CRS-BLS (SGR) ACTIVITY: Writing Workshop - Melissa (2nd Fl)	What's Getting In The Way? - SBW CRS-WSM (CR) DBT Distress Tolerance - IF CRS-WSM (SGR) ACTIVITY: "Vacation" with Sabrina (2nd Fl)	Social Living for Work & School - SBW CRS-BLS (SGR) Living with Anxiety - SC CRS-WSM (CR)	Express Yourself - JO CRS-WSM (CR) ACTIVITY: Guided Meditation - Scott (SGR)	Sex, Body, & Relationships - ML CRS-WSM (CR) 2:30pm ACTIVITY: Card Games - Izzy (SGR)
3:00 to 3:50	Recovery Through Creative Writing - KSA CRS-WSM (CR)	Therapeutic Endeavors - SBW CRS-BLS (CR)	Coping Skills - SBW CRS-WSM (CR)	Hear My Voice - SBW CRS-WSM (CR)	Where Are You Going? - MM CRS-CLE (CR)
	*Gray Indicates Closed Group *Pink Indicates an Activity				Individual Session:

(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

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