

Name: _____

PROSper February 4, 2019 - June 2, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 to 11:20	CPT - SC CRS-WSM (2nd Fl) CBT/DBT (Part 3) - RF CRS-WSM (SGR) WRAP - JO CRS-WSM (CR)	Seeking Safety - IF CRS-WSM (2nd Fl) Living with Anxiety - SBW CRS-WSM (CR) Resolving Problems - JO CRS-WSM (SGR)	Relapse Prevention (MH&SU) - RF IR-IRP (2nd Fl) Good Grief - MaM CRS-WSM (SGR) CBT - JO CRS-WSM (CR)	Helping Men Recover - SBW CRS-WSM (SGR) Helping Women Recover - SC CRS-WSM (2nd Fl) DBT Distress Tolerance - MaM CRS-WSM (CR)	Recovery Through Creative Writing - IF CRS-WSM (CR) Freedom From Nicotine - ML CRS-WSM (2nd Fl) CBT/DBT (Part 1 & 2) - RF CRS-WSM (SGR)
11:30 to 12:20	Introduction to DBT - IF CRS-WSM (SGR) Living DBT - SC CRS-WSM (2nd Fl) Coping Skills - JO CRS-WSM (CR)	Family, Friends, & Others - SBW CRS-BLS (CR) Your Brain & Recovery - KSA CRS-WSM (2nd Fl) Embracing Imperfection - JO CRS-WSM (SGR)	Let's Talk CBT - IF CRS-WSM (SGR) Relapse and Recovery - RF CRS-WSM (2nd Fl) Meaningful Life Roles - MaM CRS-CLE (CR)	Creating Connections - SBW CRS-BLS (CR) DBT Emotion Regulation - SC CRS-WSM (SGR) Mental Health Relapse Prevention - MaM IR-IRP (2nd Fl)	Eating & Living Well - DB CRS-WSM (SGR) Therapeutic Endeavors - RF CRS-BLS (CR)
12:20 to 12:50	Lunch Break ACTIVITY: <i>Academy of Peer Svs - Dina</i> (Computer Room)	Lunch Break	Lunch Break ACTIVITY: <i>Arts & Crafts - Judit</i> (2nd Fl)	Lunch Break ACTIVITY: <i>What's Your Family Function? - Chrissy</i> (2nd Fl)	Lunch Break
1:00 to 1:50	Living with Anxiety - SC CRS-WSM (CR) 1:30 ACTIVITY: <i>Scategories - Rachel</i> (SGR)	One Day at a Time - SBW CRS-WSM (CR) Ready to Work - SC IR-IRGA (2nd Fl)	Beautiful Minds - IF CRS-WSM (CR) What's Getting In The Way? - SBW CRS-WSM (2nd Fl)	Relationships - KSA CRS-BLS (CR) 1:30pm ACTIVITY: <i>Hiking in the Woods-Debra</i> (SGR to Outdoors)	Health & Wellness - ML CRS-WSM (CR)
2:00 to 2:50	Coping with Change - KSA CRS-WSM (CR)	Anger & Acceptance - IF CRS-WSM (SGR) Assertiveness - KSA CRS-WSM (CR) 2:00pm ACTIVITY: <i>Vacation - Sabrina</i> (2nd Fl)	Social Living for Work & School - SBW CRS-BLS (SGR) Self-Esteem - RF CRS-WSM (CR)	Living Independently - SBW CRS-BLS (CR) ACTIVITY: <i>Guided Meditation - Scott</i> (SGR)	Sex, Body, & Relationships - ML CRS-WSM (CR) 2:00pm ACTIVITY: <i>Literature & Life - Maria</i> (SGR) 2:30pm ACTIVITY: <i>Card Games - Izzy</i> (SGR)
3:00 to 3:50	WSM - KSA CRS-WSM (CR)	Coping Skills - KSA CRS-WSM (CR)	Express Yourself - JO CRS-WSM (CR)	Hear My Voice - SBW CRS-WSM (CR)	Achieving Goals - DB IR-IRGA (CR)

*Gray Indicates Closed Group

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
- (IT) Integrated Tx for Co-occurring d/o (also in Clinical)
- ORS=Ongo Rehab/Support
- MH = Mental Health
- SU = Substance Use
- (IRP) Intensive Relapse Prev.
- (IRGA) Intensive Rehab.Goal Acquisition

- (IR) Intensive Rehabilitation
- (FPE) Family Psycho Ed.
- (SSDS) Struc Skill Dev & Sup
- (WSM) Wellness Self Manage.
- (SA) Supplemental Activities

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