

**CoveCare Center PROS
SAMPLE GROUP/CLASS SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am <i>Zoom</i>	Health & Wellness - Peter <i>CRS-WSM</i> DBT Distress Tolerance - Izzy <i>CRS-WSM</i>	Coping Skills - Naz <i>CRS-WSM</i> Introduction to DBT- Jeanine <i>CRS-WSM</i>	DBT Emotion Regulation - Izzy <i>CRS-WSM</i>	Embracing Imperfection - Izzy <i>CRS-WSM</i>	Living with Anxiety - Debra <i>CRS-WSM</i> DBT Mindfulness - Peter <i>CRS-WSM</i>
10:00am <i>In-Person</i>			DBT Emotion Regulation - Alyssa <i>CRS-WSM</i>	DBT Interpersonal Effectiveness - Naz <i>CRS-BLS</i>	
11:00am <i>Zoom</i>	Living Independently - Peter <i>CRS-BLS</i>	Living with Anxiety - Alyssa <i>CRS-WSM</i>	Introduction to DBT- Izzy <i>CRS-WSM</i>	DBT Distress Tolerance - Izzy <i>CRS-WSM</i>	WSM - Alyssa <i>CRS-WSM</i>
11:00am <i>In-Person</i>	Family, Friends & Others - Izzy <i>CRS-WSM</i>	WRAP - Jeanine <i>CRS-WSM</i>	Coping Skills - Alyssa <i>CRS-WSM</i> Benefits & Financial Management - Asura <i>CRS-BFM</i>	Therapeutic Endeavors - Naz <i>CRS-BLS</i>	CBT - Peter <i>CRS-WSM</i> Social Living for Work & School - Asura <i>CRS-WSM</i>
12:00pm <i>Zoom</i>	Managing Stress - Jeanine <i>CRS-WSM</i> Relapse & Recovery - Izzy <i>CRS-WSM</i>	Planning for Change - Naz <i>CRS-IRCP</i>	Coping Skills - Jeanine <i>CRS-WSM</i> Anger & Acceptance - Peter <i>CRS-WSM</i>	Keeping It Real - Jeanine <i>CRS-WSM</i> Vocational Exploration - Asura <i>CRS-CLE</i>	Acceptance of Loss - Alyssa <i>CRS-WSM</i>
12:00pm <i>In-Person</i>		CBT/DBT - Jeanine <i>CRS-WSM</i>	Alternative Coping Skills - Alyssa <i>CRS-WSM</i>	Therapeutic Endeavors - Naz <i>CRS-BLS</i>	Anger & Acceptance - Peter <i>CRS-WSM</i>
1:00pm <i>Zoom</i>	Coping Skills - Jeanine <i>CRS-WSM</i>	Resolving Problems - Peter <i>CRS-WSM</i>	Living with Anxiety - Jeanine <i>CRS-WSM</i>	Managing Stress - Jeanine <i>CRS-WSM</i>	Relationships - Naz <i>CRS-BLS</i>
2:00pm <i>Zoom</i>	DBT Distress Tolerance - Peter <i>CRS-WSM</i> CBT - Naz <i>CRS-WSM</i>	Self-Esteem - Naz <i>CRS-WSM</i> Eating & Living Well - Alyssa <i>CRS-WSM</i>	Assertiveness - Jeanine <i>CRS-WSM</i>	Relapse Prevention - Alyssa <i>CRS-WSM</i>	Managing the Weekend - Peter <i>CRS-WSM</i>
3:00pm	PROS ACTIVITY Creative Colors - Jeanine		PROS ACTIVITY Journaling Through Recovery - Jeanine	PROS ACTIVITY Poetry Power - Jeanine	