

Name: \_\_\_\_\_

PROSper October 2, 2017 to February 5, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 to 11:20	<b>Mental Health Relapse Prevention - SC</b> IR-IRP (2nd Fl)  <b>Cognitive Processing Therapy (CPT) - DB</b> CRS-WSM (SGR)  <b>Family Matters - JD</b> CRS-BLS (CR)	<b>WRAP - SBW</b> CRS-WSM (2nd Fl)  <b>Recovery in Action - TP</b> CRS-WSM (CR)  <b>Self-Esteem - DP</b> CRS-WSM (SGR)  <b>ACTIVITY: TBI Recovery - JF (Lounge)</b>	<b>Let's Talk DBT! - MaM</b> CRS-WSM (2nd Fl)  <b>Introduction to DBT - JD</b> CRS-WSM (SGR)  <b>Social Living for Work &amp; School - SBW</b> CRS-BLS (CR)	<b>Creating Connections - MS</b> CRS-BLS (2nd Fl)  <b>Power of Interaction - MaM</b> CRS-BLS (CR)  <b>Where Are You Going? - SBW</b> CRS-CLE (SGR)	<b>Recovery Through Creative Writing - IF</b> CRS-WSM (CR)  <b>Freedom From Nicotine - ML</b> CRS-WSM (SGR)  <b>Acceptance of Loss - MaM</b> CRS-WSM (2nd Fl)
11:30 to 12:20	<b>MICA Relapse Prevention - SC</b> IR-IRP (2nd Fl)  <b>Living with Anxiety - MS</b> CRS-WSM (CR)  <b>DBT Emotion Regulation - IF</b> CRS-WSM (SGR)	<b>Moving On - DP</b> CRS-CLE (2nd Fl)  <b>One Day At a Time - SBW</b> CRS-WSM (SGR)  <b>Relationships - IF</b> CRS-BLS (CR)	<b>Women's Recovery - IF</b> CRS-WSM (2nd Fl)  <b>Managing Stress - NS</b> CRS-WSM (CR)  <b>Coping Skills - MZ</b> CRS-WSM (SGR)	<b>Seeking Safety - TP</b> CRS-WSM (2nd Fl)  <b>Meaningful Life Roles - MaM</b> CRS-CLE (CR)  <b>Keeping It Real - DB</b> CRS-WSM (SGR)	<b>Let's Talk CBT! - TP</b> CRS-WSM (SGR)  <b>CBT - JD</b> CRS-WSM (CR)
12:20 to 12:50	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1:00 to 1:50	<b>WSM+ - NS</b> CRS-WSM (2nd Fl)  <b>Mirror Mirror - TP</b> CRS-WSM (CR)	<b>Planning for Change - MZ</b> CRS-IRCP (2nd Fl)  <b>Coping with Change - IF</b> CRS-WSM (CR)	<b>Living Independently - SBW</b> CRS-BLS (CR)  <b>Beautiful Minds - MZ</b> CRS-WSM (SGR)	<b>Hear My Voice - SBW</b> CRS-WSM (2nd Fl)  <b>Living With Anxiety - DP</b> CRS-WSM (CR)  <b>ACTIVITY: Origami - CC</b> (2nd Fl)	<b>Health &amp; Wellness - ML</b> CRS-WSM (CR)
2:00 to 2:50	<b>Anger &amp; Acceptance - JD</b> CRS-WSM (CR)  <b>Embracing Imperfection -MZ</b> CRS-WSM (SGR)	<b>Ready to Work - SBW</b> CRS-CLE (SGR)  <b>What's Getting In The Way? - SC</b> CRS-WSM (CR)	<b>MICA Relapse Prevention - JD</b> IR-IRP (SGR)  <b>Express Yourself - NS</b> CRS-WSM (CR)	<b>MICA CHOICES - DP</b> CRS-WSM (SGR)  <b>Assertiveness - NS</b> CRS-WSM (CR)  <b>ACTIVITY: Relaxation - LV</b> (2nd Fl)	<b>DBT Distress Tolerance - ML</b> CRS-WSM (CR)
3:00 to 3:50	<b>Breaking the Habit - SC</b> CRS-WSM (CR)	<b>Coping Skills - DP</b> CRS-WSM (CR)	<b>Therapeutic Endeavors - SBW</b> CRS-BLS (CR)	<b>CBT/DBT - SC</b> CRS-WSM (CR)	<b>Alternative Coping Skills - IF</b> 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:

<b>GOAL ( ):</b>	<b>GOAL ( ):</b>	
<b>Objective:</b>	<b>Objective:</b>	
<b>Objective:</b>	<b>Objective:</b>	
<b>Objective:</b>	<b>Objective:</b>	