

2024

THE LIVING ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 AM Walking Group 12 PM Art Group 1 PM Healthy Foods, Recipes & Cooking 5 PM Commonalities	10 AM Walking Group 12 PM Self-Esteem 3 PM Emotional Regulation 4 PM Advocacy Skills	10 AM Walking Group 12 PM Painting 2 PM Anger/Anxiety Management 4 PM Recovery Through Peer Support	10 AM Walking Group 12 PM Building Life Skills 4 PM Distress Tolerance 5 PM Movie Night	10 AM Mindfulness 12 PM Emotional Regulation 3 PM Coping Skills **Plant Care**	9 AM Healthy Living Skills 12 PM Coping through Hobbies 2 PM Making Changes **Fridge Cleaning**	OPEN
10 AM Walking Group 12 PM Art Group 1 PM Healthy Foods, Recipes & Cooking 5 PM Commonalities	10 AM Walking Group 12 PM Self Expression 3 PM Self Care 4 PM Advocacy Skills	10 AM Walking Group 12 PM Painting 2 PM Anger/Anxiety Management 4 PM Recovery Through Peer Support	10 AM Walking Group 12 PM Symptom Management 4 PM Positive Mindset Toolkit 5 PM Movie Night	10 AM Mindfulness 12 PM Emotional Regulation 3 PM Coping Skills **Plant Care**	9 AM Healthy Living Skills 12 PM Coping through Hobbies 2 PM Making Changes **Fridge Cleaning**	OPEN
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