


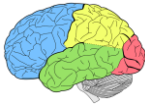



Open 9:00am to 3:00pm throughout the weekdays; on Wednesday, the program closes at 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16 <i>Program Opening</i></p> <p>9:00 Doors Open</p> <p>10:00 Introduction to Program &amp; tour of facility</p> <p>10:45 Intake Assessments</p> <p>12:45 Psycho-Educational Group</p>	<p>17</p> <p>10:00 Goal Setting Group</p> <p>1:00 Managing Anxiety</p>	<p>18</p> <p>10:00 Self Esteem Group</p> <p>12:45 Relaxation Therapy</p> 	<p>19</p> <p>10:00 Communication Group</p> <p>1:00 Obstacles to Recovery</p> 	<p>20</p> <p>10:00 Art therapy</p> <p>12:45 Friday Movie</p> <p><i>*On-going one on ones throughout day with mental health counselors</i></p>
<p>23</p> <p>9:30 Weekend Check-In</p> <p>12:45 Psycho-Educational Group</p>	<p>24</p> <p>10:00 Goal Setting Group</p> <p>1:00 Managing Anxiety</p> 	<p>25</p> <p>10:00 Guest Speaker: Brain Fitness with Brendan</p>  <p>1:00 Mental Health group with Dr. Norma</p>	<p>26</p> <p>10:00 Communication Group</p> <p>1:00 Obstacles to Recovery</p>	<p>27</p> <p>10:00 Art therapy</p> <p>12:45 Friday Movie</p>  <p><i>*On-going one on ones throughout day with mental health counselors</i></p>
<p>30</p> <p>9:30 Weekend Check-In</p> <p>12:45 Psycho Educational Group</p>	<p>31</p> <p>10:00 Goal Setting Group</p> <p>1:00 Managing Anxiety</p>			