

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2018

FOUNDATIONS PSYCHIATRIC REHABILITATION PROGRAM

Schedule is subject to change

						1		2		3	
								Overcoming Life Stressors Coping with Anxiety PRP Spelling Bee Are You A Winner?			
4		5		6		7		8		9	
Scheduling Reminders: Foundations offers weekly Narcotics Anonymous meetings on Mondays and Wednesdays		Personal Hygiene During the Spring Understanding Schizoaffective Disorder Bingo				Communication: Proximity The Importance of Personal Time Loving Yourself: Inner Bonding Journal Your Thoughts				Making a Receipt for Life Coping with Life Struggles Healthy Boundaries Pamper Me Pretty Harbor Walk	
11		12		13		14		15		16	
Daylight Saving Time Begins		Living with Depression w/ Amy R. Developing Peer Support to Prevent Isolation Arts and Crafts \$ Dollar Store				Word Association – The Relationship Between Words and Thoughts Cognitive Behavior Therapy w/ Amy B. Smoothie Tasting \$ \$ Movies				Transportation – Mobility Self-Care - Healthy Eating Habits St. Patty Treasure Hunt Wear Green Day Library	
18		19		20		21		22		23	
		Illness Management: Living with Schizophrenia & Depression Understanding Emotions Let's Make A Deal \$ \$ Ci-Ci Pizza				Job Readiness: Preparing for the Interview Anger Management - Role Play Guided Meditation				Foundations Talent Show 	
25		26		27		28		29		30	
Palm Sunday		Moving Forward – Learning from your Past Social Hindrances Effects of Stress Sip and Paint w/ Peers				Movie Day Social Hour with Popcorn and Punch Easter Egg Creation Irvine Nature Center				Easter Festivities  First Day of Passover Good Friday	
										7	
										 St. Patrick's Day	
										24	
										24	
										31	