

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 May Day	2 Emotional Triggers Open Discussion: Personal Responsibility Family Feud	3	4 Life Skills – Problem Solving 29 ways to increase self-worth Cinco De Mayo Fiesta	5 Cinco de Mayo
6	7 Overcoming seasonal Depression How to Improve Self-Esteem Open Mic – Expressing Talent Through the Mic	8	9 Challenging Negative Thinking Peer Support Meditation – Exercising the Mind	10	11 Game Day - Team Building Activities Pamper Me Pretty Mother's Day Luncheon 5 Below \$	12
13 <i>Celebrating</i> MOTHER'S DAY Mother's Day	14 Love and Happiness w/Myra Living with Dual Diagnosis Movie Day Mall Walk \$	15	16 The importance of Medication Compliance Personal Boundaries Taco Salad Creation Fort McHenry – Painting in the Park @ 11am First Day of Ramadan	17	18 Social Etiquette Struggling with Temptation Creative Expressions PRP Luncheon Air Plane Park	19 Armed Forces Day
20 First Day of Shavuot	21 Social Skills w/Denesha Dealing with Family Issues Gardening - Planting our Seeds in the Ground	22	23 ADL's – Keeping A Cleanly Space Health and Wellness: Loving Yourself Charades Thrift Store \$	24 	25 Preventing Decompensation Developing Positive Coping Skills  Birthday Karaoke	26
27	28 HAPPY MEMORIAL DAY  PRP CLOSED Memorial Day	29	30 What Makes You Unique Managing Anxiety Arts and Crafts Foundations Crab Feast \$\$	31	Scheduling Reminders: Foundations offers transportation weekly to Narcotics Anonymous meetings on Mondays. **Schedule is subject to change**	