


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Scheduling Reminders: Foundations offers transportation to Baltimore Station for weekly Narcotics Anonymous meetings on Mondays Canada Day</p>	<p>2</p> <p>Mindful ways to Navigate Anger What Makes You Unique Trivia – Are You A Winner</p>	<p>3</p>	<p>4</p> <p>Happy 4th of July  ¡Feliz Día de la Independencia! PRP CLOSED Independence Day</p>	<p>5</p>	<p>6</p> <p>Is it Sadness or Depression? How to Prevent Procrastination Journal Prompts for self-discovery</p>	<p>7</p>
<p>8</p> <p>Schedule is subject to change.</p>	<p>9</p> <p>Coping Skills for Depression Coping with Anxiety Disorder Family Feud Lunch On You \$</p>	<p>10</p>	<p>11</p> <p>Personal Responsibility Healthy Eating The Balanced Plate Cooking Club  Dollar Store \$</p>	<p>12</p>	<p>13</p> <p>Cognitive Distortions Emotional Triggers – What Triggers You <i>Buzz Like a Bee Social</i>  Library</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>Understanding Rejection Increasing Interpersonal Skills Through Recreational Activities Movie Day 5 and Below \$</p>	<p>17</p>	<p>18</p> <p>Dialectical “open minded thinking” Controlling Impulse Stress Management Arts and Crafts Banneker – Douglass Museum @ 12pm</p>	<p>19</p>	<p>20</p> <p>Relationship Conflict Resolution Building Happiness Peer Support Foundations Award Ceremony</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>Positive Communication Skills Recovering from A Hospital Stay Tye Dye Tee’s PRP Pizza Party</p>	<p>24</p>	<p>25</p> <p>Ocean Escape at Seneca Park </p>	<p>26</p>	<p>27</p> <p>Movie Day Men and Women Manicures  Birthday Karaoke</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Becoming Assertive Building Healthy Friendships <i>Ice Cream Social</i> </p>	<p>31</p>	<p>July 2018 Foundations Psychiatric Rehabilitation</p>			