

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2018

Foundations Psychiatric Rehabilitation Program

**Schedule Is Subject to Change

				1	2	3	
					Stress Management How to Become More Social Family Feud		
Scheduling Reminders: Foundations offers transportation to Baltimore Station for weekly Narcotics Anonymous meetings on Mondays Daylight Saving Time Ends	4	5	6	7	8	9	10
	Dreams vs. Goals Healthy Living Healthy Life Style 1 Minute Game Dollar Store \$\$	Election Day! Don't forget to Vote! Make Your Voice Heard! Exercise Your Right To Vote!	Dealing with Cold Weather with Priority Partners and Staff Let's Cope Positive Coping Skills Social Bee w/ Tea and Donuts			Mental Health Stigma Household Safety Healthy Eating Cooking Group "Taco Salad" Walmart \$\$	
	11	12	13	14	15	16	17
Veterans Day (US) Remembrance Day (Canada)	Budgeting Basic's Learning to ride the weave Triggers and Ideations Arts and Crafts IHOP \$\$		Managing Holiday Blues with Ms. Kim Positive vs. Negative Relationships Egg Challenge Walters Art Museum			The Importance of Assertiveness Winter Hygiene Creative Expression Botanical Gardens	
	18	19	20	21	22	23	24
	Impulse Control Social Etiquette Hand and Nail Spa PRP Pizza Party		Movie Day Foundations Thanksgiving Luncheon 	 Thanksgiving Day (US)		Personal Values The Values of Life Learning to be Proactive vs. Reactive Art Therapy with Karen	
	25	26	27	28	29	30	
	Codependence Socially expectable addictions (nicotine, food) Job Readiness Skills Ice Cream Social			Conflict Resolution Co-Occurring Progressive Relaxation/ Mediation		Accountability Coping with Feeling an Emotions Birthday Karaoke 	