



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Schedule is subject to change

Foundations Psychiatric Rehabilitation Program

		1	2	3	4	5
			Cycle of Procrastination How to Silence Negative Thinking Bingo		Impulse Control Building meaningful Relationships Journaling	
		New Year's Day				
6	7	8	9	10	11	12
Scheduling Reminders: Foundations offers transportation weekly to Narcotics Anonymous meetings on Mondays	Self Determination Health Literacy Understanding the Mind and Body Poetry Contest Mall Walk		Coping with stress The Facts of Forgiveness Cooking group Walmart \$\$		Problem Solving Are you in control? Medication Management Arts and Craft Denny's \$\$	
13	14	15	16	17	18	19
	Expanding the Mind New Mindset My Life Matters Healthy You Client Choice 5 Below \$\$		Understanding Social Security Admin. Social Sec.Cards & Benefits Peer Support 1min Game Movies on Us		Thoughts vs. Actions Understanding Personality Disorder Creative Expression Library	
20	21	22	23	24	25	26
	Road Map to Independence How to Handle Conflict Conflict resolution I Had A Dream Speech Martin Luther King Day Tu B'Shevat		Understanding Phobias Trust and Communication Sip and Paint		Understanding the levels of Anxiety Understanding Post Traumatic Stress Disorder Birthday Karaoke	
27	28	29	30	31	WELCOME THE NEW YEAR WITH A SMILE 😊	
	Diabetes vs. Hypertension Cognitive Distortions Arts and Crafts SPCA Australia Day (observed)		How to Enjoy Alone Time Healthy Eating on A Budget Getting to Know You Truth vs. Lie			