

Sunday

Monday

Tuesday

Wednesday

Thursday






Friday

Saturday

February 2019

FOUNDATIONS PSYCHIATRIC REHABILITATION PROGRAM

Schedule is subject to change

						1 Common Insecurities Life Skills – Problem Solving Family Feud Game		2  Groundhog Day	
3 Narcotics Anonymous: Foundations offers transportation for weekly Narcotics Anonymous meetings on Mondays.		4 Overcoming Insecurities Living with Severe Major Depressive Disorder Bingo		5 Chinese New Year		6 Smart Goals: Your Recipe for Success Life Skills Support Group – Dealing with Anger Client Choice		7 Stress Management Living on a Small Budget Wants vs. Needs Black History Bingo Dollar Store \$\$	
10  BLACK HISTORY MONTH		11 Coping with Emotions Characteristics & Stigma of Mental Illness Valentines Arts and Crafts Lunch on you \$\$		12		13 Throw-Back Love Brunch  Black History Match Game YOU'RE A WINNER		14  HAPPY VALENTINES DAY Valentine's Day	
17  Nelson Mandela was a South African anti-apartheid revolutionary, politician, and philanthropist, who served as President of South Africa from 1994 to 1999.		18 Conflict Resolution Learning to Become More Assertive Valentine's Day Movie Library Presidents' Day (US)		19		20 Mental Health Coping Skills Tactful Communication Pamper Me – Hand and Nail Spa CICI PIZZA ON US		21 Emotional Resilience Healthy vs. Unhealthy Boundaries February Birthday Karaoke KARAOKE	
24 Living with The Changes of Life The Importance of Safety in the Home and Community Journaling – Self Inventory		25		26		27 Interpersonal Relationships Moving Forward – Learning from your Past Cooking Group		28 