

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2019

Schedule is subject to change

Foundations Psychiatric Rehabilitation Program

<p>Understanding Borderline Personality Disorder</p> <p>Loving Yourself: Inner Bonding</p> <p>Journaling</p>					1	2
<p>Narcotics Anonymous: 3 Foundations offers transportation for weekly Narcotics Anonymous meetings on Mondays</p>	<p>4 Communication: Initiating Conversations</p> <p>HealthCare Stigmas</p> <p>Quiet Meditation of The Mind</p>	5	<p>6 Living with Personality Disorder</p> <p>Mind Control – Positive Thinking</p> <p>Family Feud <small>Ash Wednesday</small></p>	7	<p>8 Understanding Your Treatment Plan</p> <p>Healthy Eating Healthy Living</p> <p>Movie Golden Corral \$\$</p>	9
<p>10 Spring Forward</p>  <p><small>Daylight Saving Time Begins</small></p>	<p>11 Living with Bipolar Disorder</p> <p>Overcoming the Addictions in Life</p> <p>Arts and Crafts Nature Walk</p>	12	<p>13 "Co-Dependency"</p> <p>Peer Support</p> <p>Client Choice</p> <p>Walmart \$\$</p>	14	<p>15 Understanding PTSD</p> <p>Healthcare & Insurance Entitlements</p> <p>Cooking Group Dollar Store \$\$</p>	16
<p>17</p>  <p><small>St. Patrick's Day</small></p>	<p>18 Facts of Lung Cancer</p> <p>Understanding Bipolar Disorder</p> <p>Open Mic Library</p>	19	<p>20 Men's Group</p> <p>Women's Group</p> <p>PRP Spring Bling</p> <p>Creative Expression <small>Spring Begins</small></p>	21	<p>22 Healthy Boundaries</p> <p>Managing Frustration through Anger Management</p> <p>Trivia</p>	23
24	<p>25 Priority Partners: Poison Prevention</p> <p>Living the Good Life with Good Oral Hygiene</p> <p>Let's Make A Deal</p>	26	<p>27 Living an Independent Lifestyle</p> <p>How to Cope with Depression</p> <p>Arts and Crafts</p>	28	<p>29 Battle of The Sexes Vision Boards</p>  <p>KARAOKE BIRTHDAY PARTY <small>Latest hit & Classics</small> Birthday Karaoke</p>	30
31	<p><i>The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt</i></p> 					