

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2019

FOUNDATIONS PSYCHIATRIC REHABILITATION

			1 Accepting My Mental Illness Personality Differences Bingo May Day	2	3 Overcoming Stressful Situations Creating Clear Boundaries Movie	4
5  Cinco de Mayo	6 Positive Hygiene Self Help Strategies for Anxiety 1 Min Game Ramadan	7	8 How to Cope with Family Situations Effective Communication Journaling Feed the Ducks	9	10 Life Skills: How to Take Criticism Anger Management Role Play Mother's Day Craft Dollar Store	11
12  Mother's Day	13 Identifying Supports How to Increase Participation in Group Cooking Group Walmart	14	15 Handling your Spending Challenging Negative Thinking Afternoon Meditation Park Walk	16	17 Living with Mistakes Understanding the Importance of Therapy Jingo Ci-Ci Pizza	18 Armed Forces Day
19	20 Learning Effective Coping Skills Healthy Eating, Healthy Living Gardening Group Victoria Day (Canada)	21	22 Living with Diabetes Understanding Hypertension Creative Expression Washington Zoo	23	24 ADL's Keeping A Clean Space Peer Support Game Day	25
26	27  PRP CLOSED Memorial Day	28	29 Team Building Door Challenge YOU ARE A WINNER	30	31 TED Talks: Don't Suffer Depression in Silence  Birthday Karaoke	