

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JUNE 2019

FOUNDATIONS PSYCHIATRIC REHABILITATION PROGRAM

							1
	2 Living a Stress Free Lifestyle Making the Best Decision in a Stressful Situation Bingo	3	4	5 Understanding Wants vs. Needs Hospital Stigma Getting To Know Your Peers	6	7 Bipolar vs. Schizophrenia How to Love Yourself Self-Love Journaling	8
Narcotics Anonymous: Foundations offers transportation to Baltimore Station for weekly Narcotics Anonymous meetings on Mondays Shavuot	9	10 Understanding Your Benefits (Social Sec. vs. Medical Assistance) Fear In A Hat Walmart \$	11	12 How to Reduce Triggers A Pro For Every Con "Overcoming Setbacks" Watermelon Challenge Airplane Park	13	14 Self Esteem How To Maintain Healthy Relationships When Living With Anxiety Arts and Crafts Nature Walk Flag Day (US)	15
HAPPY FATHERS DAY  Father's Day	16	17 CBT with Amy Developing Healthy Boundaries Tie Dye (Tee Shirts) Dollar Store \$	18	19 Learning to Become Assertive Summer Hygiene Road Map To Success Bowling Incentive	20	21 Men's Group Women's Group PRP Crab Feast Summer Begins	22
	23	24 Understanding Trauma Mind over Matter What's Most Important Ice Cream Social Swimming	25	26 TED Talks: Managing Stress: Daniel Levitin "How to Stay Calm When You Know You'll Be Stressed" Open Mic Main Event w/Monique	27	28 MOVIE FRIDAY  Happy Birthday! Birthday Karaoke	29
	30	 <p style="text-align: center;">Never Judge Each Day by The Harvest You Reap But By The Seeds That You Plant.</p>					