

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Schedule is subject to change	2 <b>PRP Closed</b>  <b>Happy Labor Day</b> <small>Labor Day</small>	3	4 Empowerment vs. Entitlement  Reducing Anger through Coping  <b>Bingo</b>	5	6 Self-Respect Building Happiness  Medication Management  <b>Poetry Contest 5 and Below \$\$</b>	7
8 <b>Scheduling Reminders:</b> Foundations offers weekly Narcotics Anonymous meetings on Mondays  <small>Grandparents' Day</small>	9 Healthy Boundaries  Handling Conflict with Positive Choices  <b>Kings Chair</b>  <b>Thrift Store \$\$</b>	10	11 Understanding the levels of Anxiety  Understanding PTSD  <b>Family Feud</b>  <b>Buffet \$\$</b>	12	13 When In A Crisis Do's and Don'ts  How to Prevent Procrastination  <b>Movie Friday</b>	14
15	16 The Importance Of Positive Self-care  Process Life's Progress  <b>Creative Expression Feed the Ducks</b>	17	18 Breaking the cycle of Fear  Coping with Bipolar  <b>Client Choice Dollar \$\$</b>	19	20 The Effects of Smoking  Community Resources  <b>Fall Jingo PRP Cook-Out Incentive</b>  <small>Oktoberfest Begins</small>	21
22	23 <b>HIV/STD w/ Health Dept. Safety Measures</b>  <b>Fall Arts and Crafts</b>  <b>Library</b> <small>Autumn Begins</small>	24	25 Job Readiness Skills  Keeping a Clean Space and a Clear mind  <b>African American Museum DC</b>	26	27 PRP Game Day    <b>Birthday Karaoke</b>	28
29	30 Emotional Triggers "Managing my Triggers"  The Power of Patience <b>Snack Attack</b> <small>Rosh Hashanah (first day)</small>	<h1>September 2019</h1> <h2>Foundations Psychiatric Rehabilitation Program</h2>				