

Sunday

Monday

Tuesday

Wednesday




Thursday

Friday

Saturday

February 2020

Foundations Psychiatric Rehabilitation Program

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2 Narcotics Anonymous: Foundations offers transportation for weekly Narcotics Anonymous meetings on Mondays Groundhog Day	3 Coping with Diabetes Introvert vs. Isolation What's The Odds? Dollar Store \$\$	4	5 Life Skills Support Group – Motivation Living with Anxiety Donut Relay Race Roses \$\$	6	7 Life Skills Support Group – Dealing with Anger Mind vs. Body Black History Bingo Dunkin Donuts \$\$	8	
9 Foundations Provides Transportation to and from the center and to community outings.	10 Mental Health: Keeping a Healthy Mind Peer Support Love Cookies Arts & Crafts Library	11	12 Therapist vs. Psychiatrist Self-Love Learning How To Meditate	13	14 Sweetheart Dance Valentine's Day Party Valentine's Day	15	
16  Nelson Mandela was a South African anti-apartheid revolutionary, politician, and philanthropist, who served as President of South Africa from 1994 to 1999.	17 Bipolar vs. Depression Developing Healthy Coping Skills Spelling Bee Presidents' Day (US)	18	19 Building Healthy Family Relationships How To Prevent Decompensation Arts and Crafts Annapolis Mall	20	21 Men's Group Women's Group Client Choice Seafood Social PRP Incentive	22	
23  Maya Angelou was an American poet, memoirist, and civil rights activist	24  GAME Day PRP vs. Daycare	25  Mardi Gras	26 Activities Of Daily Living Skills Social Etiquette Journaling Ash Wednesday	27	28 Movie Day  Birthday Karaoke	29 Leap Day	