

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2021

## Foundations Psychiatric Rehabilitation Program

				<p>1</p>  <p>Canada Day</p>	<p>2</p> <p>Dialectical "open minded thinking" Controlling Impulse</p> <p>Trivia – Are You A Winner</p> <p><b>Lunch On You \$\$</b></p>	<p>3</p> 
<p>4</p>  <p>Independence Day (US)</p>	<p>5</p> <p>Being Assertive and Self Advocacy</p> <p>Jingo</p> <p><b>Dollar Store \$\$</b></p>	<p>6</p> 	<p>7</p> <p>ADL's Managing a clean space and a clear mind</p> <p>Name That Flavor Gum Challenge</p> <p><b>Mall Walk</b></p>	<p>8</p> 	<p>9</p> <p>Healthy Eating The Balanced Plate Snacking vs. Healthy Eating</p> <p>Ice Cream Social</p> <p><b>Walmart \$\$</b></p>	<p>10</p> 
<p>11</p> <p><b>Schedule is subject to change</b></p>	<p>12</p> <p>Communication Skills: Initiating Conversations</p> <p>Client Choice Activity</p>	<p>13</p> 	<p>14</p> <p>Mindful ways to Navigate Anger</p> <p>Creative Expressions Road Map to Success <b>Banneker – Douglass Museum</b></p>	<p>15</p> 	<p>16</p> <p>How your Attitude Influences Behaviors</p> <p>Tye Dye Shirts</p>	<p>17</p> 
<p>18</p> 	<p>19</p> <p>How to Be Independent in The Community</p> <p>Coping Support Kit</p>	<p>20</p> 	<p>21</p> <p>High Blood Pressure vs. Diabetes</p> <p>Exercise the Mind Journaling</p>	<p>22</p> 	<p>23</p> <p><b>ALL CENTER PICNIC At CARROLL PARK</b></p> 	<p>24</p> 
<p>25</p> 	<p>26</p> <p>Is it Sadness or Depression? Effective Coping Skills</p> 	<p>27</p> 	<p>28</p> <p>Mental Health Stigma</p> <p>Bingo</p> <p><b>Incentive - Rocky Point Beach</b></p>	<p>29</p> 	<p>30</p> <p>Peer Support Social Circle</p> <p>Movie w/ Popcorn</p>	<p>31</p> 