

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Understanding PTSD Kings Chair	3	4 Peer Support – Personal Responsibility ADL's Hangman	5	6 Schizoaffective vs. Schizophrenia Bingo Dollar Store \$\$	7
8	9 TED TALKS "A Tale of Mental Illness, from the Inside" Mental Health Spelling Bee Rita's \$\$	10	11 Money Management: Budgeting "wants vs. needs" Family Feud 5 and below \$\$	12	13 The Importance Of Positive Self-care Arts and Crafts Library	14
15	16 Overcoming Fears & Building Confidence Client Choice Airplane Park	17	18 Understanding Your Benefits (Social Sec. vs. Department of Social Services) Sip and Paint Crab Feast \$\$	19	20 Life Skills: Critical Thinking and Self Improvement Snack Attack Pizza Party Incentive	21
22	23 Health Literacy: Understanding the Mind and Body 1 min Game Men vs. Women	24	25 Managing My Mental Health – How to reduce stress and eliminate triggers Poetry Contest	26	27 Patapsco State Park Cook-out 	28
29	30 Social Etiquette: Positive Social Skills Open Mic Mall Walk	31	<h1>August 2021</h1> <p>Foundations Psychiatric Rehabilitation Program</p>			