



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule Subject to Change.	1 Coping with PTSD  Kings Chair	2	3 Consents for Service  Journal Creation  Dollar Store \$\$	4	5 Medication Management  MH Unscramble  Lunch On You \$\$	6
 DON'T FORGET TO FALL BACK Daylight Saving Time Ends	8 Coping with Seasonal Blues  Bingo  Walmart \$\$	9	10 TED Talks: MH from the Inside: Elyn Saks "A Tale of Mental Illness, from the Inside"  Vision Boards	11 Veterans Day Remembrance Day (Canada)	12  Foundations Award Ceremony	13
14	15 Acknowledging Accomplishments and Barriers  ADL's Hangman  Library	16	17 Anger Management Role Play  Arts and Crafts	18	19 The moment of Truth "Effective Communication Skills"  The Great Bake-Off	20
21	22 Coping with Schizoaffective Disorder  Thanksgiving Jingo Movies Monthly Incentive	23	24 Thanksgiving activities and Dinner 	25  Thanksgiving Day	26 Social Hour with Peers  Birthday Karaoke	27
28 Hanukkah Begins	29 Therapist vs. Psychiatrist  Game Day  Mall Walk	30	<h1>November 2021</h1> <h2>Foundations Psychiatric Rehabilitation Program</h2>			