

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

FOUNDATIONS PSYCHIATRIC REHABILITATION PROGRAM



<p>2</p> <p>Schedule is subject to change</p>	<p>3</p> <p>Illness Management - Identifying Coping Skills and Reducing Triggers</p> <p>Fear In a Hat</p> <p>Roses \$\$</p>	<p>4</p>	<p>5</p> <p>Living the Assertive Lifestyle</p> <p>Covid Safety</p> <p>Walmart \$\$</p>	<p>6</p>	<p>7</p> <p>Medication Compliance Preventing Decompensation</p> <p>Creative Expression My Success Roadmap</p> <p>Lunch on You \$\$</p>	<p>8</p>
<p>9</p>	<p>10</p> <p>Anger Cues and Control Strategies</p> <p>Coffee and Donut Social</p> <p>Mall Walk</p>	<p>11</p>	<p>12</p> <p>Crisis Planning – Understanding your Supports</p> <p>Open Mic</p> <p>Dec 2021 Incentive</p>	<p>13</p>	<p>14</p> <p>Men's Group</p> <p>Women's Group</p> <p>Crafty Creations Arts and Crafts</p>	<p>15</p>
<p>16</p>	<p>17</p> <p>Peer Support Preventing Isolation</p> <p>I Had a Dream</p> <p>Martin Luther King Jr. Day</p>	<p>18</p>	<p>19</p> <p>Self-Care vs. Independent Living Living an Independent Lifestyle</p> <p>Battle of the Sexes</p>	<p>20</p>	<p>21</p> <p>Cognitive Distortions – How thoughts influence Emotions</p> <p>Cooking Group</p> <p>Library</p>	<p>22</p>
<p>23</p> <p>Activity Professionals Week</p>	<p>24</p> <p>Healthy Boundaries Positive Social Skills</p> <p>1 Minute Game</p>	<p>25</p>	<p>26</p> <p>Supportive Employment vs Independent Employment</p> <p>Journaling</p> <p>Australia Day (observed)</p>	<p>27</p>	<p>28</p> <p>Mental Health Poetry It's the Love in Me</p> <p>Movie Friday Movie w/Popcorn</p>	<p>29</p>
<p>30</p>	<p>31</p> <p>Living and Coping with Depression</p> <p>Trivia</p>	<p><i>We prove that we can not only make peace, but we can also bring it with us – Maya Angelou</i></p> <p><i>This institution is an equal opportunity provider.</i></p>				