

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Foundations Psychiatric Rehabilitation Program

July 2022

					1 Lady Liberty BBQ  Canada Day	2	
Schedule is subject to change	3  ¡Feliz Día de la Independencia! PRP Closed Independence Day (US)	4	5	6 Understanding Behaviors and Internal Stimuli Bingo Dollar store \$\$	7	8 Inside vs. Outside "Feelings vs. Looks" Magic Show Walmart \$\$	9
This institution is an equal opportunity provider.	10 TED Talks: Managing Stress: Daniel Levitin "How to Stay Calm When You Know You'll Be Stressed" Affirmation Posters	11	12	13 4 Elements of You "Earth, Air, Fire & Water" Trivia Feed the Ducks	14	15 ADL's Daily Routines Movie with Popcorn Airplane Park	16
	17 Living with Bipolar "Healthy Coping Skills" Arts and Crafts Library	18	19	20 ALL CENTER Cook-Out at Patapsco State Park 	21	22 Anger Management Role Play "Anger Styles" Cooking group	23
	24 Limit your spending Budgeting Journaling Rocky Point Beach Incentive	25	26	27 Overcoming Mental Health Stigma Afternoon Yoga Crab Feast \$\$	28	29 Dancing with the Stars GALA 	30
31	<p>"Life is like riding a bicycle. To keep your balance, you must keep moving." – Albert Einstein</p>						