


# CHOICES, Inc. November 2017 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <b>Movies with Meaning -</b> Hidden Figures Pt. 2. 2016 (1h 3m) (PG) 11:00 am - 1:00 pm	
5	6 <b>Mellow Monday Group -</b> Processing Group 12:00 pm - 2:00 pm	7 <b>Activities of Daily Living</b> 3:00 pm - 4:00 pm	8 <b>CBT Toolbox</b> 3:00 pm - 4:00 pm	9 <b>Wellness Support Group</b> 3:00 pm - 4:00 pm	10 <b>VETERAN'S DAY</b> <b>CHOICES CLOSED</b>	11
12	13 <b>Mellow Monday Group -</b> Mellow Activity 12:00 pm - 2:00 pm	14 <b>Activities of Daily Living</b> 3:00 pm - 4:00 pm	15 <b>CBT Toolbox</b> 3:00 pm - 4:00 pm	16 <b>Wellness Support Group</b> 3:00 pm - 4:00 pm	17 <b>Movies with Meaning -</b> Diaries of Broken Minds (1 h 30 m) (Unrated)	18
19	20 <b>Mellow Monday Group -</b> Processing Group 12:00 pm - 2:00 pm	21 <b>Activities of Daily Living</b> 3:00 pm - 4:00 pm	22 <b>CBT Toolbox</b> 3:00 pm - 4:00 pm	23 <b>THANKSGIVING</b> <b>DAY</b> <b>CHOICES CLOSED</b>	24 <b>DAY AFTER</b> <b>THANKSGIVING</b> <b>DAY</b> <b>CHOICES CLOSED</b>	25
26	27 <b>Mellow Monday Group -</b> Mellow Activity 12:00 pm - 2:00 pm	28 <b>Activities of Daily Living</b> 3:00 pm - 4:00 pm	29 <b>CBT Toolbox</b> 3:00 pm - 4:00 pm	30 <b>Wellness Support Group</b> 3:00 pm - 4:00 pm		

**Mellow Monday Group** - Join us as we explore various activities that promote wellness of the mind, body and spirit. This group runs approx. 2 hours and is open to **ALL CHOICES, Inc.** Program Participants.

**Activities of Daily Living Group** - This group is designed to re-inforce activities of daily living topics may include: Laundry, personal hygiene, cooking, budgeting etc. This group is scheduled to run approx. 1 hour & is open to **ALL CHOICES, Inc.** Program Participants.

**CBT Toolbox** - Clients will receive assistance with identifying, developing & implementing coping skills to address their mental health diagnosis, using cognitive behavioral concepts. This group is scheduled for approx. 1 hour & is open **ONLY CHOICES, Inc. HF-ACT** Program Participants.

**Wellness Support Group** - Ad hoc, psychoeducation support group for mental health & substance use disorders. This group is scheduled to run approx. 1 hour and is open to **ALL CHOICES, Inc.** Program Participants.

**Movies with Meaning Group** - Join us for popcorn and snacks as we explore and discuss various feel good movies with great life lessons. This group is scheduled for approx. 2 hours & is open to **ALL CHOICES, Inc.** Program Participants.