

CHOICES, Inc. December 2017 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Movies with Meaning - A Brave Heart - The Lizzie Velasquez Story 2015 (1 hour & 18 mins.) (PG-13)	2
3	4 Mellow Monday Group - Processing Group 12:00 pm - 2:00 pm	5 Activities of Daily Living 3:00 pm - 4:00 pm	6 CBT Toolbox 3:00 pm - 4:00 pm	7 Wellness Support Group 3:00 pm - 4:00 pm	8	9
10	11 Mellow Monday Group - Mellow Activity 12:00 pm - 2:00 pm	12 Activities of Daily Living 3:00 pm - 4:00 pm	13 CBT Toolbox 3:00 pm - 4:00 pm	14 Wellness Support Group 3:00 pm - 4:00 pm	15 Movies with Meaning - Rain Man Pt. 1 1988 (1h 7m) (R-Rating)	16
17	18 Mellow Monday Group - Processing Group 12:00 pm - 2:00 pm	19 Activities of Daily Living 3:00 pm - 4:00 pm	20 CBT Toolbox 3:00 pm - 4:00 pm	21 Wellness Support Group 3:00 pm - 4:00 pm	22 CHOICES CLOSED IN OBSERVANCE OF CHRISTMAS EVE	23
24	25 CHRISTMAS DAY CHOICES CLOSED	26 Activities of Daily Living 3:00 pm - 4:00 pm	27 CBT Toolbox 3:00 pm - 4:00 pm	28 Wellness Support Group 3:00 pm - 4:00 pm	29 Movies with Meaning - Rain Man Pt. 2 1988 (1h 6m) (R-Rating)	30

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

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.