


CHOICES, Inc. February 2018 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Movies with Meaning - 11:00 am - 1:00 pm Eddie the Eagle 2016 (1h 46m) (PG-13)	2
4	5 Mellow Monday Group - Processing Group 12:00 pm - 2:00 pm	6 Activities of Daily Living 3:00 pm - 4:00 pm	7 DBT Toolbox 2:30 pm - 4:30 pm	8 Stress Management Group 1:00 pm - 2:00 pm Wellness Support Group 3:00 pm - 4:00 pm	9	10
11	12 Mellow Monday Group - Mellow Activity 12:00 pm - 2:00 pm	13 Activities of Daily Living 3:00 pm - 4:00 pm	14 DBT Toolbox 2:30 pm - 4:30 pm	15 Stress Management Group 1:00 pm - 2:00 pm Wellness Support Group 3:00 pm - 4:00 pm	16 Movies with Meaning - 11:00 am - 1:00 pm Eddie the Eagle 2016 (1h 46m) (PG-13)	17
18	19 CHOICES CLOSED IN PRESIDENT'S DAY	20 Activities of Daily Living 3:00 pm - 4:00 pm	21 DBT Toolbox 2:30 pm - 4:30 pm	22 Stress Management Group 1:00 pm - 2:00 pm Wellness Support Group 3:00 pm - 4:00 pm	23 Movies with Meaning - 11:00 am - 1:00 pm Eddie the Eagle 2016 (1h 46m) (PG-13)	24
25	26 Mellow Monday Group - Mellow Activity 12:00 pm - 2:00 pm	27 Activities of Daily Living 3:00 pm - 4:00 pm	28 DBT Toolbox 2:30 pm - 4:30 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

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.

DBT Toolbox - Clients will receive assistance with skills training for mindfulness, interpersonal effectiveness, distress tolerance, emotional regulation to address symptoms of mental illness and co-occurring disorder. This group runs approx. 2 hours and is open to **ALL CHOICES, Inc.** Program Participants.

Stress Management - Join us as we identify causes of stress and practical strategies of managing stress. This group runs approx. 1 hour and is open to **ALL CHOICES, Inc.** 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.