

## CHOICES, Inc. March 2018 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Movies with Meaning - 11:00 am - 1:00 pm	2 3
4	5 Mellow Monday Group - Processing Group 12:00 pm - 2:00 pm Helping Men Recover 3:00pm - 4:00pm	6 Activities of Daily Living 3:00 pm - 4:00 pm	7 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	8 Wellness Support Group 3:00 pm - 4:00 pm	9 Movies with Meaning - 11:00 am - 1:00 pm	10
11	12 Mellow Monday Group - CANCELLED Helping Men Recover 3:00pm - 4:00pm	13 Activities of Daily Living 3:00 pm - 4:00 pm	14 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	15 Wellness Support Group 3:00 pm - 4:00 pm	16 Movies with Meaning - 11:00 am - 1:00 pm	17
18	19 Mellow Monday Group - Processing Group 12:00 pm - 2:00 pm Helping Men Recover 3:00pm - 4:00pm	20 Activities of Daily Living 3:00 pm - 4:00 pm	21 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	22 Wellness Support Group 3:00 pm - 4:00 pm	23 Movies with Meaning - 11:00 am - 1:00 pm	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 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	29	30	31

**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.  
**Helping Men Recover Group** - Join us as we explore Trauma informed treatment for men living with a mental illness diagnosis and/or a history of alcohol and substance use disorder. This group runs approx. 1 hour and is open to the **ICM/SUD program participants only.**

**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.

**Helping Women Recover Group** - Join us as we explore Trauma informed treatment for women living with a mental illness diagnosis and/or a history of alcohol and substance use disorder. This group runs approx. 1 hour and is open to the **ICM/SUD program participants only.**

**DBT Informed** - 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. 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.