

CHOICES, Inc. May 2018 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grief and Loss Group 1:00 pm - 2:00 pm	2 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	3 Wellness Support Group 3:00 pm - 4:00 pm	4 Movies with Meaning 11:00 am - 1:00 pm Social Skills Group 3:00 pm - 4:00 pm	5
6	7 Mellow Monday Group 12:00 pm - 2:00 pm Helping Men Recover 3:00pm - 4:00pm	8 Grief and Loss Group 1:00 pm - 2:00 pm	9 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	10 Wellness Support Group 3:00 pm - 4:00 pm	11 Social Skills Group 3:00 pm - 4:00 pm	12
13 	14 Mellow Monday Group 12:00 pm - 2:00 pm Helping Men Recover 3:00pm - 4:00pm	15 Grief and Loss Group 1:00 pm - 2:00 pm	16 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	17 Wellness Support Group 3:00 pm - 4:00 pm	18 Social Skills Group 3:00 pm - 4:00 pm	19
20	21 Mellow Monday Group 12:00 pm - 2:00 pm Helping Men Recover 3:00pm - 4:00pm	22 Grief and Loss Group 1:00 pm - 2:00 pm	23 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	24 Wellness Support Group 3:00 pm - 4:00 pm	25 Social Skills Group 3:00 pm - 4:00 pm	26
27	28 Mellow Monday Group 12:00 pm - 2:00 pm Helping Men Recover 3:00pm - 4:00pm	29 Grief and Loss Group 1:00 pm - 2:00 pm	30 Helping Women Recover 1:00pm - 2:00pm DBT Informed 3:00 pm - 4:00 pm	31 Wellness Support Group 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.

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.

Overcoming Grief & Loss - The group is offered to provide support and education in order to help our clients address issues of grief and loss.

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.

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.

Social Skills Group - join us learn to manage social anxiety, by learning coping skills to manage symptoms of social/agoraphobia as well as practice socialization skills. The first half will be used to learn and discuss topics relating to socialization. The second half of the group will be used for games and snacks to encourage practicing being social with others.