

CHOICES, Inc. August 2018 Group & Activity Calendar

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

7 Habits of Highly Effective People - This group helps with improving self-image, learning self-control, building social skills and relationships, and teaches practical tools to set and achieve goals in life. Sean Covey's book, *The 7 Habits of Highly Effective People*, has been a handbook to self-esteem and success. It offers timeless principles to tough issues and life-changing decisions people face

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.

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.