

CHOICES, Inc. September 2018 Group & Activity Calendar

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

Mindfulness: A Practical Guide - This group focusus on learning skills to discover genuine happiness through slowing down and reframing thoughts that focus on enjoying each moment as it comes.

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.

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.

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

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.