

CHOICES, Inc. February 2019 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Social Skills Group 1:00pm -2:00am	2
3	4	5 Talk It Out Tuesday 11:30am - 12:30pm Helping Men Recover 1:00pm - 2:00pm Mindfulness:A Practical Guide CANCELED	6 Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care 3:00 pm - 4:00 pm	7 Wellness Support Group 3:00 pm - 4:00 pm	8 Social Skills Group 1:00pm -2:00am	9
10	11	12 Talk It Out Tuesday 11:30am - 12:30pm Helping Men Recover 1:00pm - 2:00pm Mindfulness:A Practical Guide 3:00 pm - 4:00 pm	13 Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care 3:00 pm - 4:00 pm	14 Wellness Support Group 3:00 pm - 4:00 pm 	15 Social Skills Group 1:00pm -2:00am	16
17	18	19 Talk It Out Tuesday 11:30am - 12:30pm Helping Men Recover 1:00pm - 2:00pm Mindfulness:A Practical Guide 3:00 pm - 4:00 pm	20 Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care 3:00 pm - 4:00 pm	21 Wellness Support Group 3:00 pm - 4:00 pm	22 Social Skills Group 1:00pm -2:00am	23
24	25	26 Talk It Out Tuesday 11:30am - 12:30pm Helping Men Recover 1:00pm - 2:00pm Mindfulness:A Practical Guide 3:00 pm - 4:00 pm	27 Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care 3:00 pm - 4:00 pm	28 Wellness Support Group 3:00 pm - 4:00 pm		

Talk it Out Tuesday - This group is a weekly processing/support group led by peers for peers and is open to ALL CHOICES Inc. participants. This group is scheduled to run 1 to 1 ½ hours.

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.

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.

Prioritizing Self-Care - This group focusus on developing tools, through the process of self-care, that increase self-esteem, confidence in recovery, and life stabilization. We will create strategic self-care plans weekly, while discussing specific triggers and alternative options to relapse. Group members will also learn to recognize the steps to success they have made and power of forgiveness and self-love.

Get Hired - is the exploration and follow through of desires/goals surrounding employment and education. Support and advise will be provided through a curriculum addressing topics such as: resume design, interviewing skills, education tracks, professional dress, workplace/classroom interactions, and overall concerns surrounding preparedness.

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.