



July 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>July's theme: "Autonomy" Freedom in Recovery</p>			<p>1</p> <p>10:30-10:45 Guided meditation 11:00-12:00 Nutrition 1:00-2:00 Healthy habits for relationships</p>	<p>2</p> <p>10:30-11:30 Lemonade social- open group discussion 11:30-12:00 music 12:30- 2:00 NAMI Connections</p>
<p>5</p> <p>Closed for the Holiday.</p> 	<p>6</p> <p>10:30-11:00 Current events 11:00-12:00 Skills for independent living 1:00- 2:00 Lua decorations</p>	<p>7</p> <p>10:30-11:00 Stretch- bands 11:00-12:00 Self -worth & Self respect 12:30-1:45 PRRC BINGO</p>	<p>8</p> <p>10:30-11:00 WTD 11:00-12:00 Nutrition 1:00-2:00 Managing depressive episodes</p>	<p>9</p> <p>10:30-11:00 Highs N Lows 11:00-12:00 Corn hole Competition, & golf 1:00-2:00 Social skills</p>
<p>12</p> <p>10:30-11:00 Fast fitness 11:00-12:00 What is WRAP? 1:00-2:00-Jeopardy</p>	<p>13</p> <p>10:30-11:00 Deep breathing 11:00- 12:00 Improving focus & concentration 1:00-2:00 Paint your mood</p>	<p>14</p> <p>10:30-1:30 Lunch N Fun "Changing your stinking thinking": Cognitive distortions, with Karen 1:30-2:00 Takeaways</p>	<p>15</p> <p>10:30-11:00 Relaxation techniques 11:00-12:00 Nutrition 1:00-2:00 DBT skills</p>	<p>16</p> <p>10:30-11:00 Clip chat 11:00-12:00 Karaoke or group discussion 12:30-2:00 NAMI Connections</p>
<p>19</p> <p>10:30-11:00 Walk or MS 11:00-12:00 Decision making 1:00-2:00 Scene It (team building)</p>	<p>20</p> <p>10:30-12:30 Movie & snacks "Sand Lot" 1:00-2:00 Humor is healthy or crafts</p>	<p>21</p> <p>10:30-11:00 Clip chat Communication 11:00-12:00 De- escalation tips 1:00-2:00 Game of chance</p>	<p>22</p> <p>10:30-11:00 Guided meditation 11:00-12:00 Nutrition 1:00-2:00 Conflict resolution: Role play</p>	<p>23</p> <p>10:30-11:00 Highs N lows 11:00-12:00 Focus group- Building unity 1:00-2:00 PRRC BINGO</p>
<p>26</p> <p>10:30-11:00 Current events 11:00-12:00 Effective ways to deal with drama 1:00-2:00 SPA Day!</p>	<p>27</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Doctor's check list 1:00-2:00 Group art project</p>	<p>28</p> <p>10:30-2:00 "Hunger games 2" Catching Fire (Team competition) Including, budgeting, shopping & cooking</p>	<p>29</p> <p>10:30-11:00 WTD 11:00-12:00 Nutrition 1:00-2:00 Self advocacy</p>	<p>30</p> <p>10:30-11:10 Highs N Lows 11:00- 12:00 Personality quiz- Spirit animal 1:00-2:00 Game of chance</p>

