



January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 January's theme: celebrating success!	4 1:00-2:00 Progress not perfection 2:00-2:20- Break 2:20-3:00 DBT skills 3:00-4:00 Winter safety	5	6 2:00-2:45 Goals & aspirations 2:45-3:00 Break 3:00-4:00 Art Inspiration boards	7
10	11 1:00- 2:00 Bipolar 101 2:00- 2:20 break & snack 2:20-3:30 Cooking lesson 3:30- 4:00 Music or puzzles	12	13 2:00-2:45 Body dysmorphia 2:45-3:00 Break 3:00-4:00 Social skills Role play	14
17	18 1:00-2:00 Staying connected; Social interaction 2:00-2:20 Break 2:20- 3:00 Jeopardy 3:00-4:00 Client rights & responsibilities	19	20 2:00-2:45 Wants vs needs 2:45-3:00 break 3:00-4:00 Open gym or open mic	21
24	25 1:00- 2:00 Open gym 2:00- 2:20 Break 2:20-3:00 Check In 3:00-4:00 BINGO	26	27 2:00-3:30 Pizza Plus "Principles of Recovery with Alex 3:30-4:00 Pizza social	28
31				

