

September 2017

Leavenworth DRP Schedule

DRP Doors open at 8 a.m.

Group Times:

8:00-Doors Open	11:15-Group 3
8:30-9-Breakfast	12-12:10-Lunch Mtg
9-9:20-Team Mtgs	12:10-12:45-Lunch
9:20-9:30-Break	12:45-Group 4
9:30-Group 1	1:30-Break
10:00-Break	1:45-Group 5
10:15-Group 2	2:30-Linger Longer
11:00-Break	3:00-Program Ends

Monthly Events:

Monday, Sept 4th - Labor Day Offices/ Day Program closed

Sunday, Sept 10th - Grandparents Day

Monday, Sept 11th - Patriot Day

Monday, Sept 18th - Constitution Day

Thursday, Sept 21st - Int'l Day of Peace

Friday, Sept 22nd - 1st day of Autumn

National Hispanic Heritage Month:

September 15th to October 15th



Monday Groups	9:30	Orientation / Medication Education / Anger Management / Crafts / Dual Recovery / Morning Warm-up
	10:15	Orientation / Men's Health / Stress Management / Grief and Loss / Crafts / Food and Mood
	11:15	Orientation / Communication Skills / Anxiety Disorders 101 / Romance 101 / Shame and Addiction
	12:45	Tools for Recovery / 40 Plus / Mental Health Coping Skills / Special Events Group / AA Support Group
	1:45	Building Trust / Mental Health Topics / Special Events Group

Tuesday Groups	9:30	Orientation / Life Stories / Are You Addicted? / Let's Crochet / Stretch / Trivia
	10:15	Orientation / Social Skills / We Welcome You to CA / Self-Esteem / Upkeep Team / Reflections in Journaling
	11:15	Orientation / Fun in Recovery/ Schizophrenia and Schizoffective / Men's Group
	12:45	Sport's Talk / PTSD Education / CBT for Mental Health / Mindfulness Thru Depression / Dual Recovery "Anonymous"
	1:45	Identifying Triggers / Concentration and Memory / Tools for Success

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2017						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Wednesday Groups	9:30	Orientation / Managing Anxiety / Diabetes Support / Personality Disorders / Morning Warm –up / Adult Basic Education / Meditation
	10:15	Orientation / Anger Management / Self Improvement / Women’s Group / Money Management / Adult Basic Education
	11:15	Orientation / Parenthood / Managing Mental Health Symptoms / Walking Group / Mental Health Quiz Bowl / Food for Thought
	12:45	Volunteer & Work Skills / Assertiveness Practice / Cultural Awareness / Interactive Story – telling Game
	1:45	Road to Recovery / Emotion Identification / Are You Serious?/ Interactive Story- telling Game

Thursday Groups	9:30	Orientation / Musical Notes / Psychosis Support Group / Art / Morning Stretch
	10:15	Orientation / Drug and Alcohol Support / Managing Chronic Pain / Safe Space/ Art
	11:15	Orientation / In Your Dreams / Interpersonal Effectiveness / Well Rounded Life / Computers 101
	12:45	Depression Education / Mental Health and the Brain / DSM Education/ Creative Expressions
	1:45	Addiction Topics / Communications 101 / Meditation / Creative Expressions

Friday Groups	9:30	Orientation / Reflections of History / Upkeep Team / Bipolar Recovery / Trivia
	10:15	Orientation / Independent Living Outing / Current Events / Mind Over Mood / Meditation
	11:15	Independent Living Outing / Domestic Violence Support / Bingo and Trivia / Stress Management
	12:45	Movie / Group Games / Know Your Diagnosis / Walking Group / Relapse Prevention
	1:45	Group Games / Healthy Relationships / Trauma and Resilience