

July 2017

Leavenworth DRP Schedule

DRP Doors open at 8 a.m.



Group Times:

8:00-Doors Open	11:15-Group 3
8:30-9:00-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:

Saturday, July 1st - Canada Day
 Tuesday, July 4th - Independence Day
All Programs/Offices closed
 Friday, July 14th - Bastille Day
 Sunday, July 23rd - Parents' Day

Monday Groups	9:15	Orientation / Medication Education / Anger Management / Crafts / Dual Recovery / Morning Warm-up
	10:15	Orientation / Grief and Loss / Stress Management / Health & Wellness / Crafts
	11:15	Orientation / Anxiety Disorders 101 / Romance 101 / Boundaries / Self-Esteem & Health / Shame & Addiction
	12:45	Tools for Recovery / 40 Plus / Mental Health Coping Skills / Events Group / Walking
	1:45	Mental Health Topics / Events Group / Sports Talk / Bouncing Back / AA Support Group

Tuesday Groups	9:15	Orientation / Life Stories / Are You Addicted? / Let's Crochet / Tobacco Talk / Trivia / Living Well (Closed) /
	10:15	Orientation / Anxiety-Symptom Management / Program Navigation / Self-Esteem / Wellness Management & Recovery (Closed) / Living Well (Closed)
	11:15	Orientation / Schizophrenia/Schizoaffective / Wellness Management & Recovery (Closed) / Social Justice / Men's Group
	12:45	PTSD Education / CBT for Mental Health / Mindfulness Thru Depression / Dual Recovery Anonymous
	1:45	Communication 101 / Identifying Triggers / Concentration & Memory / Tools for Success

JULY 2017						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						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	31					

Wednesday Groups	9:15	Orientation / New to CA / On the Fence / Personality Disorders / Morning Warm-up / Adult Basic Education / Meditation
	10:15	Orientation / Sleep Disorders / Self Improvement / Women's Group / Money Management / Adult Basic Education
	11:15	Orientation / Forgiveness / Walking Group / Mental Health Quiz Bowl / Social Skills / Food for Thought
	12:45	Reflections in Journaling / Volunteer/Work Skills / Cultural Awareness / Interactive Story –telling Game / Food for Thought
	1:45	Road to Recovery / Emotional Identification / Are You Serious? / Interactive Story-telling Game / Food for Thought / Food & Mood
Thursday Groups	9:15	Orientation / Morning Stretch / Musical Notes / Relapse Prevention / Art
	10:15	Orientation / Trauma & Resilience / Drug/Alcohol Support / Managing Chronic Pain / Safe Space / Art
	11:15	Orientation / Sex Education / Interpersonal Effectiveness / Diabetes Support / Computers 101 / Well Rounded Life
	12:45	Creative Expressions / Depression Education / Independent Living / WMR Study Hall / Nutrition 101
	1:45	Creative Expressions / Anger Management / Meditation

Friday Groups	9:15	Orientation / Upkeep Team / Know Your Diagnosis / Communication Skills / Trivia
	10:15	Orientation / Independent Living Outing / Current Events / Mind Over Mood / Meditation / Worksheets to Work (Closed)
	11:15	Recovery Maintenance / Independent Living Outing / Domestic Violence Support / Bingo/Trivia / Worksheets to Work (Closed)
	12:45	Group Games / Start Movie / Walking Group / Bi-Polar Recovery
	1:45	Managing Mental Health Symptoms / Healthy Relationships / Group Games