

February 2018

Leavenworth DRP Schedule

DRP Doors open at 8 a.m.

Group Times:

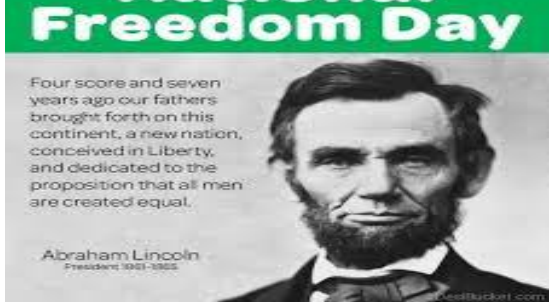
- 8:00-Doors Open
- 8:30-9:00-Breakfast
- 9-9:20-Team Mtgs
- 9:20-9:30-Break
- 9:30-Group 1
- 10:00-Break
- 10:15-Group 2
- 11:00-Break
- 11:15-Group
- 12-12:10-Lunch Mtg
- 12:10-12:45-Lunch
- 12:45-Group 4
- 1:30-Break
- 1:45-Group 5
- 2:30-Linger Longer
- 3:00-Program Ends

Monthly Events:

- Friday, Feb 2nd - Ground Hog Day
- February 13th - Fat Tuesday
- Wednesday, Feb 14th - Ash Wednesday
- Wednesday, Feb 14th - Valentine's Day
- Monday, Feb 19th - Presidents Day**
- All Programs/Offices Closed*

2018 FEBRUARY						
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			

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Monday Groups	9:30	Orientation / Crafts / Relationship Skills / Surviving Loneliness / Dual Recovery
	10:15	Men's Health / Crafts / Food & Mood / Stress Management
	11:15	Orientation / Communication Skills / Medication Education / Anxiety Disorders (Closed) / Shame & Addiction
	12:45	Mindfulness/ Diabetes 101 / In Your Dreams
	1:45	Rhyme or Reason / History of Psychology / TED Talks

Tuesday Groups	9:30	Orientation / Let's Crochet / Are You Addicted? / Trivia / Life Stories
	10:15	Orientation / Social Skills / Borderline Personality / Reflections in Journaling / Self-Esteem
	11:15	Orientation / Fun in Recovery / Schizophrenia-Schizoffective / Seeking Safety (Closed) / Men's Group / Heart Health / Living in the Moment
	12:45	Independent Living Outing / Music Group / Seeking Safety (Closed) / Mindfulness Through Depression / Recovery 101
	1:45	Independent Living Outing / Identifying Triggers / Concentration and Memory

Wednesday Groups	9:30	Orientation / Leadership Skills / Managing Anxiety / Managing Pain Support Group / Meditation
	10:15	Orientation / Anger Management / Self Improvement / Women's Group / Chicken Soup for the Soul
	11:15	Orientation / Grief & Loss Support Group / Managing Mental Health Symptoms / Cultural Awareness/ Food For Thought
	12:45	Assertiveness Practice / Spirituality / Creative Writer's Workshop / Smoking Cessation
	1:45	Creative Writer's Workshop / Know Your Diagnosis / Computers 101 /

Thursday Groups	9:30	Orientation / Psychosis Support Group / Art / Theories in Psychology / Musical Notes
	10:15	Orientation / Safe Space / Managing Chronic Pain / Drug/Alcohol Support Group / Art / Worksheets to Work (Closed)
	11:15	Addiction Topics / Emotion Identification / Boundaries / Nutrition / Worksheets to Work (Closed)
	12:45	Health Education / Mental Health & the Brain / Self-Advocacy / Creative Expressions
	1:45	Creative Expressions / Purposeful Life / Meditation

Friday Groups	9:30	Orientation / Reflections of History / Mind Over Mood / Meditation / Trivia
	10:15	Orientation / Domestic Violence Support Group / Bipolar Recovery / Reaching Your Potential / Current Events
	11:15	Orientation / Bingo/Trivia / Women's Health / Depression & Motivation (Closed)
	12:45	Depression Education / Movie / Group Games / Relapse Prevention / Art Journaling / Special Events Group
	1:45	Movie / Weekend Planning