December 2019

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 Time 12:10-12:45-Lunch **9:20-9:30**-Break **12:45**-Group 4 **1:30**-Break **9:30**-Group 1 **10:00**-Break **1:45**-Group 5

10:15-Group 2 2:30-Linger Longer **11:00-**Break 3:00-Program Ends

Monthly Events:

Dece 4th - Cookie Day

Dece 5th -Walt Disney's Birthday

Dece 20th - Ugly Christmas Sweater Day

Nov 21st - First Day of Winter (& Brandi's Birthday)

Dece 22nd - Hanukkah Begins **Dece 25th** - Christmas Day

Community Alliance CLOSED

NOVEMBER 2019							
SUN	MON	TUE	WED	THU	FRI	SAT	
					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	











Education

9:30

10:15

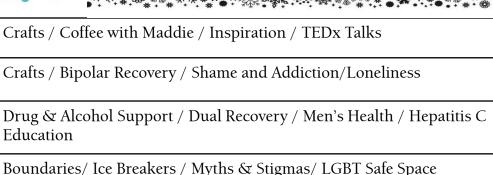
11:15

12:45

1:45

Groups

Monday



Codependency in Relationships / Cooking / Hearing Voices / Trivia

	9:30	Let's Crochet/ Decisions / Welcome to CA / Coping Skills		
Tuesday Groups	10:15	Anxieties & Phobias / Smoking Cessation/ Addiction Topics		
	11:15	Program Navigators / Self Esteem / Social Skills /WMR Study (Closed)		
	12:45	Independent Living Outing / Energy Bus / The Art of Success/Worksheets to Work (Closed)		
	1:45	Independent Living Outing / Personality Disorders / Concentration & Memory / Worksheets to Work (Closed)		

Wednesday Groups	9:30	Adulting 101/ Communication / Relationship Skills / Meditation	
	10:15	Depression Support / Seeking Safety (Closed) / Women's Group/ Men's Group	
	11:15	Death & Dying / Origins of Violence / Diabetes / Seeking Safety (Closed)	
	12:45	Assertiveness Practice / Family Support / Music in Recovery / WMR (Closed)	
	1:45	Let's Get Moving / Disordered Eating / Mind Over Mood / Wellness Fun Facts	
Thursday Groups	9:30	Schizophrenia / Random Acts of Kindness/ Mental Health Quiz Bowl/ Welcome to CA	
	10:15	Cultural Awareness / Fun in Recovery / PTSD Education / Book Club	
	11:15	Co-Occurring Support / Emotion Identification / Sexuality & Romance/ Book Club	
	12:45	DBT in Action / Anger Management / Hope & Mental Health/ Recovery Support / Choir	
	1:45	DBT in Action / Critical Thinking / Choir	
Friday Groups	9:30	Exercise / Open Forum / Trivia/ Events Planning	
	10:15	Anxiety Support / DBT Skills / Art	
	11:15	Mediation / Reality Check / Conflict Solutions / Women's Health	
	12:45	Group Games / Depression Education / Movie or Karaoke / Special Events Outing	
	1:45	Group Games / Stress Management / Movie or Karaoke/ Special Events Outing	