

December 2019

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 Time
- 9:20-9:30**-Break
- 9:30**-Group 1
- 10:00**-Break
- 10:15**-Group 2
- 11:00**-Break
- 11:15**-Group 3
- 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:

- 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
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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



Monday Groups	9:30	Crafts / Coffee with Maddie / Inspiration / TEDx Talks
	10:15	Crafts / Bipolar Recovery / Shame and Addiction/Loneliness
	11:15	Drug & Alcohol Support / Dual Recovery / Men's Health / Hepatitis C Education
	12:45	Boundaries/ Ice Breakers / Myths & Stigmas/ LGBT Safe Space
	1:45	Codependency in Relationships / Cooking / Hearing Voices / Trivia

Tuesday Groups	9:30	Let's Crochet/ Decisions / Welcome to CA / Coping Skills
	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