

March 2020

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:

- March 10th - Pantry Outing
- March 11th - Men/Women's Group Potluck
- March 15th - Abbey's Birthday!
- March 17th - Movie Outing
- March 19th - First Day of Spring
- March 31st - Pantry Outing

Monday Groups	9:30	Crafts / Coffee with Maddie / Inspiration / Decisions
	10:15	Crafts / Bipolar Recovery / Shame and Addiction/Loneliness
	11:15	Drug/Alcohol Support / Healthy Heart / Boundaries
	12:45	Nutrition / Myths & Stigmas/ LGBT Safe Space
	1:45	Codependency in Relationships / Cooking / Hearing Voices / Trivia

Tuesday Groups	9:30	Let's Crochet/ Creative Corner / Welcome to CA / Addiction Topics
	10:15	Ice Breakers / Depression Support / Smoking Cessation
	11:15	Program Navigators / Self Esteem / Personality Disorders / WMR Study (Closed)
	12:45	Independent Living Outing / Hope & Mental Health / Positive Thinking / Wellness Fun Facts
	1:45	Independent Living Outing / Coping Skills / Cooking / Concentration & Memory

2020 MARCH

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	31				

Wednesday Groups	9:30	Adulting 101/ Communication / Meditation
	10:15	Anxieties & Phobias / Relationship Skills / Women's Group / Men's Group
	11:15	Grief & Loss Support / Conflict Solutions / Diabetes / Family Support
	12:45	Assertiveness Practice / Mind Over Mood / WMR (Closed)
	1:45	Co-Occurring Support / Disordered Eating
Thursday Groups	9:30	Schizophrenia / Random Acts of Kindness/ Mental Health Quiz Bowl/ Welcome to CA
	10:15	Cultural Awareness / Fun In Recovery / PTSD & Trauma Education / Book Club
	11:15	Emotion Identification / Sexuality & Romance/ Book Club
	12:45	Anger Management / Recovery Support / Choir / Seeking Safety (Closed)
	1:45	Journaling / Critical Thinking / Seeking Safety (Closed)
Friday Groups	9:30	Exercise / Open Forum / Trivia/ Events Planning
	10:15	Art / Anxiety Support / Friday Fun / Mediation
	11:15	Art / DBT Skills / Reality Check / People's Health
	12:45	Group Games / Depression Education / Recovery through Poetry / Movie or Karaoke
	1:45	Group Games / Nutrition Trivia / Stress Management / Movie or Karaoke