

# March 2023

Leavenworth DRP Schedule  
DRP Doors open at 8 a.m.

## Events

- March 8<sup>th</sup> - International Women's Day
- March 12<sup>th</sup> - Day Light Savings (Set your clocks one hour ahead!!)
- March 17<sup>th</sup> - Corned Beef and Cabbage Day
- March 20<sup>th</sup> - First Day of Spring!
- March 31<sup>st</sup> - International Transgender Day of Visibility



## Home Rooms:

- Team 1- Oak
- Team 2- Maple
- Team 3- Pine

## Group Times:

- 8:00-Doors open/ 11:15-12-Group 3
- Daily planning
- 8:30-9-Breakfast 12-12:45- Lunch
- 9-9:15- Team Time 12:45-1:30-Group 4
- 9:15-9:30-Break 1:30-1:45-Break
- 9:30-10-Home Room 1:45-2:30- Group 5
- 10:00-10:15-Break
- 10:15-11-Group 2
- 11:00-11:15-Break

	9:00	Group Team Time – Main Area
Monday Groups	9:30	Home Room
	10:15	Depression Support/ Co-dependency/ Step into Wellness/ Crafts and Crochet
	11:15	Sharing of the Heart/ Anger Mgmt./ Mental Health and the Body Response/ Interview Topics
	12:45	Diagnosis Ed. / Assertiveness Skills/ Medication Education
	1:45	Fun in Recovery/ Healthy Snacking & Cooking (Dining room area)/ Financial Literacy

	9:00	Group Team Time- Main Area
Tuesday Groups	9:30	Home Room
	10:15	Substance Use Disorders/ Zine Design/ Coping at Work/ Step into Wellness
	11:15	Health and Wellness/ Perspectives/Trauma Support/ Interpersonal Communication
	12:45	Exploring Emotions/ Social Skills/ Relapse Prevention
	1:45	Cooking Club/ Cultural Dance and Music/ Building Healthy Support Systems

March 2023						
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	

	<b>9:00</b>	<b>Group Team Time – Main Area</b>
<b>Wednesday Groups</b>	<b>9:30</b>	<b>Home Room</b>
	<b>10:15</b>	<b>Anxiety Support/Chronic Disease Mgmt./ Volunteer Readiness/ Concentration and Memory</b>
	<b>11:15</b>	<b>Self-Esteem/ Health Literacy/ Ice Breakers/ Volunteer Readiness</b>
	<b>12:45</b>	<b>Critical Thinking/ Job Readiness/ Tedx Talks</b>
	<b>1:45</b>	<b>Music Therapy/ Around the World</b>

	<b>9:00</b>	<b>Group Team Time – Main Area</b>
<b>Thursday Groups</b>	<b>9:30</b>	<b>Home Room</b>
	<b>10:15</b>	<b>Diabetes Education/ Mental Health Awareness/ Journaling &amp; Poetry</b>
	<b>11:15</b>	<b>Shame and Addiction/ Health Literacy/ Seeking Safety</b>
	<b>12:45</b>	<b>Hearing Voices/ Life 101/ Positive Affirmations</b>
	<b>1:45</b>	<b>Life Skills/ Mindful Music</b>

	<b>9:00</b>	<b>Group Team Time – Main Area</b>
<b>Friday Groups</b>	<b>9:30</b>	<b>Home Room</b>
	<b>10:15</b>	<b>Coping Skills / Positive Affirmations/ Chess Club</b>
	<b>11:15</b>	<b>Book Worms/ Job Readiness Topics/ Open Forum/ Heart Health</b>
	<b>12:45</b>	<b>Intro to Philosophy/Aroma Therapy &amp; Guided Meditation/ Substance Abuse Education/ Choir</b>
	<b>1:45</b>	<b>Choir/ Sports Chat</b>

