

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 10:00 AM Cooking Group 10:00 AM Self-Esteem Group 12:00 PM Community Meeting 12:30 Pm Co-occurring Group	4 10:00 AM Cooking Group 10:00 AM Schizophrenia Support 10:00 AM Overcoming Depression 12:30 PM Art Group	5 10:00 AM Cooking Group 10:00 AM Anxiety Reduction 10:00 AM Coping through Literature 12:30 PM Co-occurring Group	6 10:00 AM Cooking Group 10:00 AM Positive Thinking 12:30 PM Healthy Habits Group	7 10:00 AM Cooking Group 10:00 AM Social Skills 11:30 PM Outdoor Relaxation Group 12:30 PM Client Council
10 10:00 AM Cooking Group 10:00 AM Self-Esteem Group 12:00 PM Community Meeting 12:30 Pm Co-occurring Group	11 10:00 AM Cooking Group 10:00 AM Schizophrenia Support 10:00 AM Overcoming Depression 12:30 PM Art Group	12 10:00 AM Cooking Group 10:00 AM Anxiety Reduction 10:00 AM Coping through Literature 12:30 PM Co-occurring Group	13 10:00 AM Cooking Group 10:00 AM Positive Thinking 12:30 PM Seeking Safety Group	14 10:00 AM Cooking Group 10:00 AM Social Skills 11:30 PM Outdoor Relaxation Group 12:30 PM Client Council
17 	18 10:00 AM Cooking Group 10:00 AM Schizophrenia Support 10:00 AM Overcoming Depression 12:30 PM Art Group	19 10:00 AM Cooking Group 10:00 AM Anxiety Reduction 10:00 AM Coping through Literature 12:30 PM Co-occurring Group	20 10:00 AM Cooking Group 10:00 AM Positive Thinking 12:30 PM Healthy Habits Group	21 10:00 AM Cooking Group 10:00 AM Social Skills 11:30 PM Outdoor Relaxation Group 12:30 PM Client Council
24 10:00 AM Cooking Group 10:00 AM Self-Esteem Group 12:00 PM Community Meeting 12:30 Pm Co-occurring Group	25 10:00 AM Cooking Group 10:00 AM Schizophrenia Support 10:00 AM Overcoming Depression 12:30 PM Art Group	26 10:00 AM Cooking Group 10:00 AM Anxiety Reduction 10:00 AM Coping through Literature 12:30 PM Co-occurring Group	27 10:00 AM Cooking Group 10:00 AM Positive Thinking 12:30 PM Seeking Safety Group	28 10:00 AM Cooking Group 10:00 AM Social Skills 11:30 PM Outdoor Relaxation Group 12:30 PM Client Council
31 10:00 AM Cooking Group 10:00 AM Self-Esteem Group 12:00 PM Community Meeting 12:30 Pm Co-occurring Group		NOTES: Katrina ext. 115 Desiree ext. 119		



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