

**New Foundation Center DAY PROGRAM SCHEDULE 4/16/12-7/6/12**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

8:00 AM Socialization & Eng. (rotating PSR staff) Socialization & Eng. (rotating PSR staff) Socialization & Eng. (rotating PSR staff) Socialization & Eng. (rotating PSR staff) Socialization & Eng (rotating PSR)

8:45 AM Community Meeting (.5hr) Community Meeting (.5hr) Community Meeting (.5hr) Community Meeting (.5hr) Community Meeting (.5hr)

9:00am		<b>Choir</b> PSR/Cmnty Rm Wendy & Marc	<b>Job Skills Training</b> PSR/T-Room Eric & David		<b>Computer Group</b> PSR/Brd Rm Megan	<b>Public Trans 9-11am</b> CS group Angela		<b>Mental Health</b> PSR/Board Rm Kelsey	<b>Relaxation &amp; Stress Relief</b> PSR/T-Rm Nancy		<b>Creative Writing</b> PSR/ Brd Rm Dave	<b>Art 9-11pm</b> PSR Cmnty Rm Gail	<b>Movement Group</b> PSR/ Cmnty Rm Angela	<b>Dual Disorders</b> PSR/T-Room Lauren/Jeff
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10:00am	<b>Exercise Group 10-12pm</b> CS group Derek & Megan		<b>Drumming</b> PSR/Cmnty Rm Wendy & Marc		<b>Open Support</b> PSR/T-Rm Anne			<b>Art 10-12pm</b> PSR Cmnty Rm Gail	<b>Critics Corner</b> PSR/Brd Rm Jim		<b>Spirituality</b> PSR/T-Rm Dave		<b>Relationship Group</b> PSR/ Brd Rm Nancy	<b>Natural Supports 10-12pm</b> CS group rotating locations Jay/New Case M
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11:00 AM		<b>WMR</b> PSR/Brd Rm Allison		<b>Path To Independence</b> PSR/Brd Rm Lauren	<b>Health &amp; Wellness</b> PSR/Cmnty Megan & Jim			<b>Women's Group</b> PSR/ Brd Rm Corinne	<b>Men's Group</b> PSR/ T-Rm Derek		<b>Medication 101</b> PSR/ Brd Rm Nancy	<b>World View</b> PSR/ T-Rm Kelsey	<b>Art Appreciation 11-1pm</b> CS group rotating locations Gail	<b>Anger Mgt.</b> PSR/ T-Rm Kelsey
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12PM Lunch on your own Lunch on your own Consumer Education Lunch on your own Lunch on your own Gail Lunch on your own

1:00 PM	<b>Grief Group</b> PSR/T-Rm Jeffrey	<b>WRAP</b> PSR/Brd Rm Cindy		<b>Self Esteem</b> PSR/Brd Rm Nancy		<b>12-2pm</b> CS group rotating locations Derek		<b>DBT/CBT</b> PSR/T-Rm Angela	<b>Money Management</b> PSR/ Cmnty Rm Cathleen & Jim	<b>Members' Council</b> PSR/ Brd Rm Jay		<b>Note: Art App. will leave at 10:00 AM on the first Thursday of the month.</b>		<b>Life Empowerment/Social Skills</b> PSR/ T-Rm Jeffrey (until June then Lynn
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2:00 PM Open Door-PSR Open Door-PSR Doctor 10-2pm Open Door-PSR Doctor 10-2pm

\*\*WMR is also offered individually. If you are interested in signing up for individual WMR services please see Cindy for more information.

**Social Activities occur on the first Friday of the month or unless posted otherwise. See Derek for more information**