

Aurora Services Class Schedule

5/1/23-6/23/23

TIME	GROUP TITLE	PRACTITIONER
MONDAY		
8:15 – 9:30	BUILDING BRIDGES	Melissa
9:30 – 10:45	LIFE PREP	Ryan
10:45 - 12:00	COMMUNICATION SKILLS	Nicole
1:00 – 2:00	MENTAL HEALTH MATTERS	Kathi
TUESDAY		
8:15 – 9:30	COPING SKILLS	Ryan
9:30 – 10:45	IGNITE THE SPARK	Nicole
10:45-12:00	BRACING FOR CHANGE	Kathi
1:00 – 2:00	RECOVERY SUPPORT	Lucas
WEDNESDAY		
8:30 – 10:15	EMOTIONAL HEALTH	Kathi
10:15 – 12:00	WELLNESS WEDNESDAY	Ryan
1:00 – 2:00	MUSIC	Nicole
THURSDAY		
8:15 – 9:00	MORNING WISDOM	Melissa
9:00 –10:30	TOPICS IN RECOVERY	Ryan/Nicole
10:30-12:00	CREATIVE EXPRESSIONS	Kathi
1:00 – 2:00	TIME FOR TECHNOLOGY	Lucas
FRIDAY		
8:30 – 10:00	FUN FRIDAY	STAFF
10:00 – 12:00	IT'S SHOWTIME	STAFF
12:00 – 1:00	LUNCH AND WRAP UP	Melisa cook/Staff

***** Group times/topics are subject to change based on attendance.

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5/1/23