

## Aurora Services Class Schedule

1/2/24 -3/1/24

TIME	GROUP TITLE	PRACTITIONER
<b>MONDAY</b>		
8:15 – 9:30	FINDING FELLOWSHIP	Melissa
9:30 – 10:45	ACCEPTING WHO WE ARE	Ryan
10:45 - 12:00	NEW YEAR, NEW YOU!	Nicole
1:00 – 2:00	STRESS BUSTERS	Kathi
<b>TUESDAY</b>		
8:15 – 9:30	WITH HELP COMES HOPE	Ryan
9:30 – 10:45	SOCIAL WELLNESS	Nicole
10:45-12:00	INSIGHTS ON WELLNESS	Kathi
1:00 – 2:00	RECOVERY SUPPORT	Lucas
<b>WEDNESDAY</b>		
8:30 – 10:15	MENTAL HEALTH 101/LESSONS FOR LIFE	Katie/Ryan
10:15 – 12:00	EMOTIONAL WELLNESS/LESSONS FOR LIFE	Kathi/Nicole
12:30-1:30	WRAP	Lucas
1:00 – 2:00	IMPROVING MENTAL HEALTH	Melissa
<b>THURSDAY</b>		
8:15 – 9:00	MORNING MOTIVATION	Melissa
9:00 –10:30	MENDING MINDS	Ryan/Nicole
10:30-12:00	CREATIVE WELLNESS	Kathi
1:00 – 2:00	TIME FOR TECHNOLOGY	Lucas
<b>FRIDAY</b>		
8:30 – 10:00	FUN FRIDAY	STAFF
10:00 – 12:00	IT'S SHOWTIME	STAFF
12:00 – 1:00	LUNCH AND WRAP UP	Melissa cook/Staff

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

Aurora Recovery  
363 Third Street  
Beaver, PA 15009

P: (724)775-2298; F: (724)774-7603

6/22/23