

Aurora Services Class Schedule

3/4/24-5/3/24

TIME	GROUP TITLE	PRACTITIONER
MONDAY		
8:15 – 9:30	BUILDING STRONG CONNECTIONS	Melissa
9:30 – 10:45	SELF-IMPROVEMENT	Ryan
10:45 - 12:00	SOCIAL SKILLS AND ETIQUETTE	Kathi
1:00 – 2:00	MUSIC	Nicole
TUESDAY		
8:15 – 9:30	LIFE SKILLS	Ryan
9:30 – 10:45	DISTRESS TOLERANCE	Nicole
10:45-12:00	TOPICS IN MENTAL HEALTH RECOVERY	Kathi
1:00 – 2:00	RECOVERY SUPPORT	Lucas
WEDNESDAY		
8:30 – 10:15	PERSONAL CONTROL/HOBBIES	Katie/Ryan
10:15 – 12:00	ANXIETY & DEPRESSION/LESSONS FOR LIFE	Kathi/Nicole
1:00 – 2:00	HEALTH IS WEALTH	Melissa
THURSDAY		
8:15 – 9:00	MORNING MOTIVATION	Melissa
9:00 –10:30	MENDING MINDS	Ryan/Nicole
10:30-12:00	THOUGHTFUL PAGES AND PICTURES	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	Kathi cook/Staff

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

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6/22/23