

Aurora Services Class Schedule

7/22/24-9/13/24

TIME	GROUP TITLE	PRACTITIONER
MONDAY		
8:15 – 9:30	BUILDING SUPPORTS	Melissa
9:30 – 10:45	EMOTIONAL WELLNESS	Ryan
10:45 - 12:00	MIND OVER MATTER	Kathi
1:00 – 2:00	MUSIC	Nicole
TUESDAY		
8:15 – 9:30	MENTAL HEALTH WELLNESS	Ryan
9:30 – 10:45	RECOVERY STORIES	Nicole
10:45-12:00	COPING SKILLS	Kathi
1:00 – 2:00	SUPPORT THROUGH RECOVERY	Lucas
WEDNESDAY		
8:30 – 10:15	EMOTIONS/LIFE SKILLS	Katie/Ryan
10:15 – 12:00	COMMUNICATION SKILLS/CHICKEN SOUP	Nicole/Kathi
1:00 – 2:00	HEALTH IS WEALTH	Melissa
THURSDAY		
8:15 – 9:00	MORNING MOTIVATION	Melissa
9:00 –10:30	FINDING BALANCE	Ryan/Nicole
10:30-12:00	MINDFULNESS and MEDITATION	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	Nicole cook/Staff

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

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7/22/24