

## Aurora Services Class Schedule

3/3/25-4/18/25

TIME	GROUP TITLE	PRACTITIONER
<b>MONDAY</b>		
8:15 – 9:30	CIRCLE OF SUPPORT	Melissa
9:30 – 10:45	SHAKE IT OFF-OVERCOMING STRESS	Ryan
10:45 - 12:00	HEALTHY LIVING	Kathi
1:00 – 2:00	CREATIVE CORNER	Nicole
<b>TUESDAY</b>		
8:15 – 9:30	HEALTHY HOBBIES	Ryan
9:30 – 10:45	UNLOCKING THE POSITIVES	Nicole
10:45 – 12:00	NAVIGATING CHALLENGES	Kathi
12:30 – 1:30	RECOVERY SUPPORT	Lucas
<b>WEDNESDAY</b>		
8:30 – 9:45	FORMING SUPPORTIVE BONDS	Kathi
9:45 – 11:00	GETTING COMFORTABLE IN THE KITCHEN	Ryan
11:00 – 12:00	HEALING HARMONIES	Nicole
1:00 – 2:00	HERO’S JOURNEY TO MENTAL HEALTH	Lucas
<b>THURSDAY</b>		
8:15 – 9:00	EARLY MORNING INSIGHTS	Melissa
9:00 – 10:30	DEALING WITH DEPRESSION	Nicole/Ryan
10:30 – 12:00	MINDFUL MOMENTS	Kathi
12:30 – 1:30	TIME FOR TECHNOLOGY	Lucas
<b>FRIDAY</b>		
8:30 – 10:00	FUN FRIDAY	STAFF
10:00 – 12:00	MOVIE GROUP	STAFF
12:00 – 1:00	LUNCH AND WRAP UP	Staff (Ryan)

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

Aurora Recovery  
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