

PROS Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30
	WSM- Mindful Meditation	WSM - Be Present Today	WSM - Enjoying What We Have	WSM- Grace & Gratitude	WSM- Wellness Through Movement
9:35-10:20	9:35-10:20	9:35-10:20	9:35-10:20	9:35-10:20	9:35-10:20
	WSM- Learning to Like Myself	WSM- Ready Set PROS Orientation	BLS- How to Make a Change	WSM- Making Your Own Decisions	IDDT- Staying Sober
	BLS- Planning for the Week	BLS- Good Eats	IR- ACT for Anxiety	WSM- Mindfulness	WSM Seasonal Topics
	IR- Voices of Recovery	WSM- Anger Management	BLS- Managing My Budget	WSM- Leave Your Stress at the Door	WSM- Diabetes Do's & Don'ts
10:40-11:25	10:40-11:25	10:40-11:25	10:40-11:25	10:40-11:25	10:40-11:25
	IRGA- Envisioning the Future	WSM- Men's Wellness	BLS - My Space	WSM- Loading Up Your Toolbox	IRPRV - Wrap It Up
	IDDT- Just For Today	WSM- Women's Wellness	IRGA - The Skills to Pay the Bills	BLS- Healthy Relationships, Happy Life	WSM - Magic In the Everyday
	BLS- Where to Draw the Line	WSM- Mind Over Mood	WSM- The Pursuit of Happiness	IR- CBT	WSM- Know Your Medications
11:45-12:30	11:45-12:30	11:45-12:30	11:45-12:30	11:45-12:30	11:45-12:30
	WSM- The Mind-Body Connection	WSM- Emerging Adulthood	WSM- The Gifts of Imperfection	BLS -Making Friends, Keeping Friends	IRGA- Going Back to Work
	BLS- Lighten Your Load	IR- DBT Skills	IR - Surviving or Thriving	WSM- Finding the Root of the Problem	WSM - Coping with Memories
	WSM- Why Worry	BLS- Why Can't We All Just Get Along - Understanding Family Dynamics	BLS -Practical Life Skills	WSM- Beating the Blues	IDDT- Tobacco Cessation
12:30 - 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 - 1:40	1:00 - 1:40	1:00 - 1:40	1:00 - 1:40	1:00 - 1:40	1:00 - 1:40
	WSM - Wellness Through Music	WSM-Self- Expression (written & visual)	WSM- Positively Positive	WSM - COVID Stress Management	BLS- Planning for the Weekend
2:00 - 2:45	2:00 - 2:45	2:00 - 2:45	2:00 - 2:45	2:00 - 2:45	2:00 - 2:45
	Community Living Experience	Community Living Experience	Community Living Experience	Community Living Experience	Community Living Experience
2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00
	Individual CTx/IRP Planning/Advisment	Individual CTx/IRP Planning/Advisment	Individual CTx/IRP Planning/Advisment	Individual CTx/IRP Planning/Advisment	Individual CTx/IRP Planning/Advisment
	Self-Directed Activity, Art or Music	Self-Directed Activity, Art or Music	Self-Directed Activity, Art or Music	Self-Directed Activity, Art or Music	Self-Directed Activity, Art or Music