

Spring 2020
 Begins: 03/09/2020

C.R.E.A.T.E. - PROS Master Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30	8:30	8:30	8:30	8:30	8:30
	IRP Planning 1:1 with Advisor	IRP Planning 1:1 with Advisor	IRP Planning 1:1 with Advisor	IRP Planning 1:1 with Advisor	IRP Planning 1:1 with Advisor
9:00	9:00	9:00	9:00	9:00	9:00
	WSM- Are You Anxious? (a/b) Alex	WSM-Mindful Meditation (a/b) Damian	BLS-Good Eats (a/b) Fayla	WSM- Positively Positive (a/b) Melissa	WSM- Expressive Relaxation (a/b) Melissa
9:30		9:30	9:30	9:30	9:30
	WSM- Anger Management (a/b) Damian	WSM- Men's Wellness (a/b) Damian	WSM- Pathway to Empathy (a/b) Damian	IR- ACT for Anxiety (b) Craig	IR- DBT Skills (b) Alex
	BLS- Practical Life Skills (a) Alex	WSM- Women's Wellness (a/b) Melissa	WSM- Why Worry (a) Melissa	BLS- Talk it Up (a) Melissa	WSM- WRAP it up (a/b) Damian
	IRGA- Going For the Goal (a/b) Nicole	WSM- How of Happiness (a/b) Craig	IDDT- One Day at a Time (a/b) Nicole	BLS- Healthy Relationships (a/b) Fayla	
10:40	10:40	10:40	10:40	10:40	10:40
	BLS- Making Friends Keeping Friends (a) Melissa	IRGA- Community Living Experience (b) Nicole	WSM- Journey Through Loss (a/b) Alex	BLS- Community Living Experience (a/b) Damian	IR- Voices of Recovery (a/b) Craig
	WSM- DBT (a/b) Craig	IDDT- Just For Today (a/b) Craig	WSM- Wisdom and Peace (b) Damian	WSM- Take Care of you (a/b) Alex	WSM- Mind Over Mood (a/b) Mike
	BLS- Setting Boundaries (a/b) Damian	WSM- Creative Writing (a) Melissa	BLS- Assert Yourself (a) Nicole	IDDT- Tobacco and You (a/b) Peter	
11:45	11:45	11:45	11:45	11:45	11:45
	IDDT- People, Places, and Things (a/b) Mike	WSM- Community Living Experience (b) Nicole	IR- Life of an Empath (b) Mike	WSM- Community Living Experience (a/b) Damian	WSM- Creative Writing (a/b) Melissa
	WSM-Total Wellness (a/b) Melissa	IR- Don't Let Emotions Run Your Life (a/b) Damian	WSM- Diabetes (a/b) Peter	WSM-Attitudes and Behaviors (a/b) Mike	WSM- Depression relief (a/b) Craig
	BLS- Personal Transformation (a/b) Craig	WSM- Building Your Resilience (a/b) Alex	WSM- The Healing Journey (a/b) Damian	IRGA- Going Back to Work (b) Nicole	

1st and 3rd Monday of every month: Self Directed Health Support Group
2nd and 4th Wednesday : Self-Directed Newsletter Creation Group

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12:30pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00	1:00	1:00	1:00	1:00	1:00
	WSM - Wellness Through Music <i>Craig (a/b)</i>	WSM-Mindful Movement (a/b) Melissa	WSM- Draw it Out (a/b) Craig	WSM- Mindfulness (a/b) Craig	BLS- Planning for the Weekend (a/b) Melissa
2:00	2:00	2:00	2:00	2:00	2:00
	Self-Directed Activity-Music	Self-Directed Activity-Art	Self-Directed Activity- Writing	Self-Directed Activity-Music	Self-Directed Activity-Art
	Self-Directed Activity	Self-Directed Activity	Self-Directed Activity	Self-Directed Activity	Self-Directed Activity
	Individual CTx	Individual CTx	Individual CTx	Individual CTx	Individual CTx
	CRS - Assessment	CRS - Assessment	CRS - Assessment	CRS - Assessment	CRS - Assessment
3:00	3:00	3:00	3:00	3:00	3:00
	CRS - IRP Planning	CRS - IRP Planning	CRS - IRP Planning	CRS - IRP Planning	CRS - IRP Planning

My Advisor:

Advisor's Phone Number: (845)-331-1261 x

My next meeting with my Advisor:

Ulster County
Mobile Mental Health Team
 For Residents of Ulster County
844-277-4820 10AM - 10PM daily



Hours of Operation:

Breakfast: 7:30 am - 11:00 am

Closed from 11:00 am - 12:00 pm

Lunch: 12:00 pm - 2:50 pm

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