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NOVEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		11:00-11:30am S.T.A.R Presentation/ HIV 101 & Testing 11:45pm-1:30pm Support Group Topic: Coping with Anxiety and Depression-Part I 1:45pm- 2:45pm Wii Exercise/One on One Peer Support 3:00pm-4:15pm Arts & Crafts/ Board Games/Cards 4:30-5:30 W.R.A.P/	21:00am-11:00am Computer Lab/Meditation Group 11:30am-12:30pm Mental Health Movie/One on One Peer Support 12:45pm-1:45pm Relaxation Techniques and Music Therapy/Writing Group 2:00pm-4:00pm Support Group Topic: Relation- ships with Family, Friends And Significant Others 4:15pm-5:15pm Zumba/Cards Games/Board Games 5:30pm-6:00pm Open Mic/Spiritual or Positive Uplifting Moment	310:00am-11:00am Adult Literacy Class Basic Math English 11:30-12:30 Computer Lab / Peer Support Group Topic: Eating Healthy vs Eating Unhealthy. Writing and Reading Poetry 12:45pm- 1:45pm Resource Management/Job Searching and Resume Writing 2:00pm-3:00pm One on One Peer Support/Support Group Topic: Loving Yourself First 3:30pm-4:30pm Card Games/Board Games/Breathing Exercise/Relaxation Therapy	410:00am-11:00am Morning Rise & Shine Wii Exercise/Goal Planning/Computer Lab 12:00pm- 1:00pm Support Group Topic: Do my Medications Matter to me! 1:30pm-2:45pm Dual Diagnosis Support Group Topic: My Mental Health & My Drug Addiction/Arts & Crafts 3:00pm-4:30pm Open Mic: Speaking Positive Vibrations or Spiritual Expressions 5:00pm-6:00pm LETS PLAY CHARADE!!	5All Day Adult Literacy Class 10:00am-11:30am Early Morning Zumba/Basic Computer Skill Training 12:00pm-1:30pm Mental Health Movie Followed by Discussion 2:00pm-3:30pm W.R.A.P 4:00pm-5:00pm Dance Therapy/Wii Exercise 5:15pm-6:00pm Video Gaming-Play Station 2/ Wii Games
6	7	810-11:30am Computer lab 11:45pm-1:30pm Support Group Topic: Coming Out & Embracing New Life.1:45pm-2:45pm Wii Exercise/One on One Peer Support 3:00pm-4:15pm Arts & Crafts/ Board Games/Card Games 4:30-6:00pm W.R.A.P/ Adult Literacy Class/Computer Lab	910am-11:00am Computer Lab/Meditation Group 11:30am-12:30pm Mental Health Movie/One on One Peer Support 12:45pm-1:45pm Relaxation Techniques and Music Therapy/Writing Group 2:00pm-4:00pm Support Group Topic: Stay Mentally Healthy By Doing Positive Things Like! 4:15pm-5:15pm Zumba/Cards or Board Games 5:30pm-6:00pm Open Mic/Spiritual or Positive Uplifting Moments	1010:00am-11:00am Adult Literacy Class Basic Math & English 11:30-12:30 Resume Writing/Job Searching/Peer Support Group Topic: Eating Healthy vs. Eating Unhealthy/Writing & Reading Poetry 12:45pm-1:45pm Resource Management/ Job Searching and Resume Writing 2:00pm- 3:00pm One on One Peer Support 3:30pm- 4:30pm Card Games/Board Games/Breathing Exercise/Relaxation Therapy 5pm-6:00pm Mental	1110:00am-11:00am Adult Literacy Class Basic Math & English 11:30-12:30 Resume Writing/Job Searching/Peer Support Group Topic: Open Discussion Writing & Reading Poetry 12:45pm- 1:45pm Resource Management/Job Searching 2:00pm-3:00pm One on One Peer Support 3:30pm-4:30pm Card Games/Board Games/ Breathing Exercise/Relaxation Therapy 5pm- 6:00pm Mental Health Movie/ Followed by	12All Day Adult Literacy Class 10:00am-11:30am Early Morning Zumba/Basic Computer Skill Training 12:00pm-1:30pm Mental Health Movie Followed by discussion 2:00pm-3:30pm W.R.A.P 4:00pm-5:00pm Dance Therapy/Wii Exercise 5:15pm-6:00pm Video Gaming-Play Station 2/ Wii Games
13	14	1510am-11:30am Writings & Readings Poetry 11:45pm-1:30pm Support Group Topic: Exploring Spirituality & Reconnecting with Faith.1:45pm- 2:45pm Wii Exercise/One on One Peer Support 3:00pm-4:15pm Arts & Crafts/Board Games/Card Games 4:30pm-6:00pm W.R.A.P/Adult Literacy Class	1610:00am-11:00am Adult Literacy Class Basic Math & English 11:30am-12:30pm Peer Support Group Topic: Open Discussion/Writing & Reading Poetry 12:45pm-1:45pm Resource Management/ Job Searching and Resume Writing 2:00pm- 3:00pm One on One Peer Support /Support Group Topic: What I Like about me vs. What I don't like about me and How I can make a change. 3:30pm-4:30pm Card Games/Board	1710:00am-11:00am Adult Literacy Class Basic Math & English 11:30am-12:30pm Resume Writing/Job Searching/Peer Support Group Topic: Things That Trigger Me. /Writing & Reading Poetry 12:45pm-1:45pm Resource Management/Job Searching and Resume Writing 2:00pm-3:00pm One on One Peer Support/ Support Group Topic: Loving Yourself First. 3:30pm-4:30pm Card Games/Board Games!	1810:00am-11:00am Adult Literacy Class Basic Math & English 11:30am-12:30pm Resume Writing/Job Searching/Peer Support Group Topic: Advocating for Yourself/Writing & Reading Poetry 12:45pm-1:45pm Resource Management/ Job Searching 2:00pm-3:00pm One on One Peer Support 3:30pm-4:30pm Card Games/Board Games/Breathing Exercise/Relaxation Therapy 5:00pm-6:00pm Mental Health Movie-Followed by	19All Day Adult Literacy Class 10:00am-11:30am Early Morning Zumba/Basic Computer Skill Training 12:00pm-1:30pm Mental Health Movie Followed by Discussion 2:00pm-3:30pm W.R.A.P 4:00pm-5:00pm Dance Therapy/Wii Exercise 5:15pm-6:00pm Video Gaming-Play Station 2/ Wii Games
20	21	2210am-11:30am Early Morning Good Vibration/ Open Mic "Speak Up & Be Heard" With Positive Vibrations/Computer Lab/ Resource Management 11:45pm-1:30pm Support Group Topic: Living with Loss and Grief. 1:45pm-2:45pm Wii Exercise/ One on One Peer Support 3:00pm-4:15pm Arts & Crafts/Board Games/Cards 4:30pm-6:00pm W.R.A.P/Adult Literacy Class	2310:00am-11:00am Adult Literacy Class Basic Math & English 11:30-12:30 Peer Support Group Topic:I am a Survivor./Writing & Reading Poetry 12:45pm-1:45pm Resource Management/Job Searching and Resume Writing 2:00pm-3:00pm One on One Peer Support/Support Group Topic: Loving Yourself First. 3:30pm-4:30pm Card Games/Board Games/Breathing Exercise/ Relaxation Therapy 5:00pm-6:00pm Mental	24Happy Thanksgiving To ALL!	25Happy Holiday ALL!!	26All Day Adult Literacy Class 10:00pm-11:30pm Early Morning Zumba/Basic Computer Skill Training 12:00pm-1:30pm Mental health Movie Followed by discussion 2:00pm-3:30pm W.R.A.P 4:00pm-5:00pm Dance Therapy/Wii Exercise 5:15pm-6:00pm Video Gaming-Play Station 2/ Wii Games
27	28	2910:00am-11:30am Support Group Topic: What am I doing to reach my goals? 11:45pm-1:30pm Support Group Topic: Coping with Anxiety & Depression-Part 2. 1:45pm-2:45pm Wii Exercise/ One on One Peer Support 3:00pm-4:15pm Arts & Crafts/Board Games/Card Games 4:30pm-6:00pm W.R.A.P/Adult Literacy Class	3010:00am-11:00am Adult Literacy Class Basic Math & English 11:30-12:30 Peer Support Group Topic: Recognizing when you need professional help vs. Peer Support.1:45pm-1:45pm Resource Management/Job Searching/Resume Writing 2:00pm-3:00pm One on One Peer Support/ Support Group Topic: Anger Management and How To Gain Some Control.3:00pm-4:30pm Card games/Board Games/Breathing Exercise/			