

PROS Schedule Fall 2025 | Sept 2nd–Nov 28th



	Monday AE MS2(AM)	Tuesday RC	Wednesday MS/AE	Thursday MS2(PM) RC MS	Friday MS2
9:00a	Action for Happiness (LB)		Affirmations (AE)	Quilting(TH) (in person)	DBT Process Skills Drop-In (KP)
10:00am	Yoga (CL) Mindful Recovery (AV Aara) DBT Distress Tolerance (MS2)	Cross Stitch and Chat (KP) Coping with Chronic Pain (RC)	Living with Social Anxiety and Shyness (CL) Your Brain and Mental Health (MS)	Quilting(TH) (in person) DBT Drop in (AV) Authentic Relating (MS)	DBT Interpersonal Skills (AR) Embroidery (CL & AO) Mindful Journaling (KP)
11:00am	Nervous System Reset (AR) Lunch Prep (KP) Behavioral Activation for Depression (CG)	The Chemistry of Joy (CL) Mindful Movement (KP) Assert Yourself (AO)	Rewiring the Addictive Brain (CL) Lunch Prep (TH) EMDR Continued (Closed) (AV) DBT Mindfulness (AE)	Story Time – Exploring Your Inner Child (LB) EMDR 1 Closed (AV) Volunteering (BF) Creekside/Community (In person Only)	Art Therapy for Addiction Recovery (AR) WRAP (KP) Lunch Prep (AO)
12	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
1:00pm	Kitchen Clean up (CL) Rediscovering Yourself After Trauma (AO) Concentration & Memory (AE)	Community Exploration (LB) Early Recovery, Substance Use (KP) ACT (AO)	Kitchen Clean Up (AR) YMCA (LB) Peer Support (CL & KP) CBT Support For Anxiety (MS)	DBT Emotional Regulation (AV) Fast Food at Home (MS) Skill Share (MS2)	Kitchen Clean Up (?) Overcoming Overthinking (CL) CPT 1 (Closed) (MS2) Show Me the Money!/MONEY! (BF)
2:00pm	Meditation (AR) Positive Aging 50+ (LB)	Community Exploration (LB) Boundaries in Balance (AV)	Nervous System Reset (AR) YMCA (LB)	Skill Share (1-3) Mind and Body Health (RC)	Reconnections (MS2) WRAP for Work & Reasonable Accommodations (BF)
3:00pm	Collaborative Art (AE) CPT 2 (closed) (HS)	Games (RC)	It's Not Always Depression Book Club (AO)	No classes staff meeting	

HS–Heather (1) AV–Aaron (7)

BF–Bruce (3)

Interns: (some will need support initially)

LB–Lisa (7) CL–Cinder (7)

AO–Ariana (6)

MS–Melissa (5) MS2–Melis (5)

AR–Amy (7) TH–Tammy (1)

KP–Katie (4) CG–Casey (1)

AE–Ashely (5) RC–Rachel (3)

No classes on: