

**PROS Class Schedule Spring 2026    Monday March 2 – Friday May 29, 2026**  
 Highlighted classes will be offered in person AND on Zoom at the same time (i.e., Hybrid)

	<b>Monday IN PERSON</b>	<b>Tuesday IN PERSON</b>	<b>Wednesday IN PERSON</b>	<b>Thurs. In Person AM/Zoom PM</b>	<b>Friday IN PERSON</b>
<b>9:00</b>	<b>Jumpstart Your Week: Intention Setting</b> (MS) Cityside	STAFF TRAINING NO CLASSES	<b>The Friendship Formula</b> (CL) Cityside	PROS Quilt Project (TH) Creekside <b>(In Person Only)</b>	<b>DBT Drop-In</b> (CL) Cityside
<b>10:00</b>	<b>Thriving with ADHD</b> (AE) Cityside  Yoga (CL) Pyramid Room <b>(In Person Only)</b>	<b>Shadow Work Art &amp; Journaling</b> (AR) Cityside  <b>Boundaries Without Apologies</b> (CL) Creekside	<b>Neuroplasticity Toolbox</b> (AO) Cayuga  REFIT with Yvonne (LB) Pyramid Room <b>(In Person Only)</b>	PROS Quilt Project (TH) Creekside <b>(In Person Only)</b>  <b>Goal Setting for Employment</b> (BF) Cityside	<b>Nervous System Reset</b> (AR) Cityside  Embroidery (AO) Creekside <b>(In Person Only)</b>
<b>11:00</b>	<b>Philosophy &amp; Recovery</b> (AR) Cityside  <b>EMDR 1</b> (AV) Cayuga  Lunch Prep (TH) Pyramid Room Kitchen <b>(In Person Only)</b>	<b>Emotions Education</b> (AO) Cityside  <b>Advanced DBT</b> (AV and Aara) Creekside	<b>EMDR 2</b> Closed (AV) Cayuga  <b>Overcoming Self Doubt</b> (AE) Cityside  Lunch Prep (TH) Pyramid Room Kitchen <b>(In Person Only)</b>	<b>Art Therapy</b> (AV) Cityside  <b>WRAP for Work and Reasonable Accommodations</b> (BF) Creekside	<b>Art Therapy for Anxiety Relief</b> (AR) Cityside  <b>Addiction Recovery Skills in Motion</b> (CL) Creekside  Lunch Prep (AO) Pyramid Room Kitchen <b>(In Person Only)</b>
<b>12</b>	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>
<b>1:00</b>	PROS Kitchen Clean Up (CL) Pyramid Room Kitchen <b>(In Person Only)</b>  <b>Rediscovering Yourself After Trauma (Continued)</b> (CLOSED) (AO) Cayuga  <b>DBT Emotion Regulation</b> (AE) Cityside	<b>Behavioral Activation for Depression</b> (AO) Cityside  <b>Adulting - Budgeting In Action</b> (BF) Creekside	PROS Kitchen Clean Up (AR) Pyramid Room Kitchen <b>(In Person Only)</b>  YMCA with Lisa (LB) (1:00-3:00) <b>(In Person Only)</b>  <b>DBT Drop-In</b> (AE) Creekside	Mindful By Nature (MS) Meet in Pyramid Room <b>(In Person Only)</b>  <b>Body Doubling</b> (LB) <b>(Zoom Only)</b>	PROS Kitchen Clean Up Pyramid Room Kitchen <b>(In Person Only)</b>  <b>Calming the Emotional Storm</b> (CL) Cityside  <b>Getting Unstuck: CPT I</b> (MS) CLOSED Cayuga

**PROS current Staff, Peer Specialist Staff and Interns**

HS - Heather	AV - Aaron	PH - Pam
LB - Lisa	AR - Amy	AO - Ariana
TH - Tammy	BF - Bruce	CGL - Casey
CL - Cinder	AE - Ashley	MS - Melis

**No Class Days**

Staff Development Day - Wednesday April 29  
 Memorial Day - Monday May 25

Classes listed as **CLOSED** either have prerequisites (e.g., taking a specific class in an earlier semester), or must be attended starting with the first session.

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2:00	Meditation (AR) Cayuga Developing a Growth-Mindset (LB) Cityside	Aging 50+ Support & Discussion (LB) Cityside	YMCA with Lisa (LB) (1:00-3:00) (In Person Only) Attachment Styles NEW CURRICULUM! (AR) Cityside	Mindful By Nature (MS) Pyramid Room (In Person Only)	DBT Basics (MS) Cityside
3:00	Parents Have Feelings Too Book Club (HS) Cayuga Begins 3/9	Employment and Education Treatment and Support (In Person Only) begins at 4:00pm	Exploring Creative Selves (AE) (In Person Only) Cityside	Staff Meeting/Training	Study Hall Body Doubling (HS) PROS Office Area on 2 <sup>nd</sup> Floor
<b>Peer Led and Independent Activities – All are In Person unless indicated otherwise</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Available anytime: Ping Pong, Art Room, Puzzles/Jigsaw Puzzles, etc.,</b>					
9:00		Peer Led Body Doubling with Tami B ZOOM only		Peer Led Body Doubling with Tami B Zoom only	
10:00			Ping Pong with Ben (In Person Only) Cityside		
11:00			Games with Kate C! (In Person Only) Pyramid room Video Games with Ben (In Person Only) Creekside		
12	<b>LUNCH BREAK</b>	<b>Tuesday Evening Hours</b>	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>	<b>LUNCH BREAK</b>
		4:00-5:00pm Games			
		5:00-6:00pm Skills/Process Group			
		6:00-7:00pm Dinner & Discussion			

The Art Room is available for participants to join any Peer-led activities that are on Zoom (e.g., Creative Writing or Book Club) if they are in the building. There are directions about how to use the computer next to the keyboard in the Art Room. Pyramid Room, Art Room, Library and Quiet Office are available from 8:15am to 4:15pm every day.

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