

PROS Schedule SPRING 2024 March 4 - May 31, 2024. Classes will be offered in person AND on Zoom at the same time, unless otherwise noted.

	Monday	Tuesday	Wednesday	Thursday	Friday
9	Breakfast Club (LB) Pyramid Room	STAFF TRAINING NO GROUP	Positive Thoughts for a New Day (TH)	Breakfast Cooking (AV) IN PERSON ONLY	Gardening (KP) IN PERSON ONLY Quilting (TH) IN PERSON ONLY
10	DBT Interpersonal (AO) Yoga (AV) IN PERSON ONLY Adulting – Services/Benefits (BF)	DBT Mindfulness (AR) WRAP Drop in (KP) Singing Together (NB)	Guitar Lessons (sign up with Naomi) Art Therapy (AV) Thriving on the Neurodivergent Spectrum (SC) Peer Led Fiber Arts IN PERSON ONLY	DBT Distress Tolerance (LH) Drama (AO) Resiliency Toolkit (LB)	Conflict Resolution (CL) Meditation (AR) Quilting (TH) IN PERSON ONLY
11	Healthy Living peer support – Ben K IN PERSON ONLY DBT Process (AV & Aara) Trauma Art processing (AR) Lunch Prep (KP)	Goal Getters (AO) Mindful Movement (KP) Therapeutic Journaling (NB) Lunch Prep (LH)	The Value of Self (CL) Exploring grief through Art (NB) Peer Support Hour with Katie Lunch Prep (TH)	Emotions 101 (HS& AV) Mindful Self Compassion (LB) Dungeons and Dragons 11am-1pm (LH) IN PERSON ONLY	DBT Drop-In (AR) Concentration and Memory (SC) 12 Step Group (KP & Aara) Lunch Prep (AO)
12	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	In person closes at noon	LUNCH BREAK
1	Clean up and coping skills for depression (CL) IN PERSON ONLY Positive Psychology (LB) Acceptance and Commitment Therapy (AO)	Clean up and coping skills for anxiety (CL) IN PERSON ONLY Tobacco and You (LB) DBT Drop-in (KP) LGBTQ+ Peer Support (AO)	Clean up and coping skills for depression (NB) IN PERSON ONLY Peer Support (KP CL) Therapeutic Resourcing (AV)	Substance Use Recovery (CL) Zoom only DBT Emotion Regulation (AV) Zoom only	Clean up and coping skills for social anxiety (SC) IN PERSON ONLY Peer Support Hour with Cinder (Sign up at front desk) Games (AV) IN PERSON ONLY
2	Anxious Attachment Recovery (AR)	Workplace Exploration Field Trip (BF) IN PERSON ONLY Early Recovery (Substance Use) (AV) RODBT - Social Connection (LH)	Social Skills (SC) Shadow Work (AR) Cityside	No Classes	ADHD and Executive Functioning(AO) Peer Zine Making with Karina! (In Person Only)
3	Coping Through Crafting (LB) IN PERSON ONLY	Workplace Exploration Field Trip (BF) IN PERSON ONLY CBT for Insomnia (NB)	Building Social Skills though Games (SC) IN PERSON ONLY	No Classes	Sensory Exploration Art (AO) IN PERSON ONLY

HS – Heather AV – Aaron BF– Bruce SC - Severine NB – Naomi AR-Amy CL-Cinder TH – Tammy LB- Lisa AO-Ariana KP-Katie
LH-Lorien