

New Foundation Center DAY PROGRAM SCHEDULE 1/16/12-4/6/12

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
8:00 AM	Socialization & Eng. (rotating PSR staff)			Socialization & Eng. (rotating PSR staff)			Socialization & Eng. (rotating PSR staff)			Socialization & Eng. (rotating PSR staff)			Socialization & Eng (rotating PSR)	
8:45 AM	Community Meeting (.5hr)			Community Meeting (.5hr)			Community Meeting (.5hr)			Community Meeting (.5hr)			Community Meeting (.5hr)	
9:00am		Choir PSR/Cmnty Rm Wendy & Marc		Mental Health PSR/Cmnty Rm Carrie		Public Trans 9-11am CS group Angela	Computer Group PSR/Brd Rm Kate		Relaxation & Stress Relief PSR/T-Rm Nancy		Creative Writing PSR/ Brd Rm Dave	Art 9-11pm PSR Cmnty Rm Gail	Movement Group PSR/ Cmnty Rm Angela	
10:00am	Exercise Group 10-12pm CS group Derek & Anne	World View PSR/Brd Rm rotating staff Wendy & Marc	Drumming PSR/Cmnty Rm Wendy & Marc		Open Support PSR/T-Rm Anne		Anger Management PSR/T-Rm Anne	Art 10-12pm PSR Cmnty Rm Gail	Critics Corner PSR/Brd Rm Jim		Spirituality PSR/T-Rm Dave		Relationship Group PSR/ Brd Rm Nancy	Natural Supports 10-12pm CS group rotating locations Jay
11:00 AM			WMR PSR/Brd Rm Allison	Vocational Readiness PSR/T-Rm Eric	Path To Independence PSR/Brd Rm Carrie	Health & Wellness PSR/Cmnty Anne & Jim	Women's Group PSR/ Brd Rm Corinne	Men's Group PSR/ T-Rm Derek		Medication 101 PSR/ Brd Rm Nancy	PSR TBA PSR/ T-Rm Kelsey	Art Appreciation 11-1pm CS group rotating locations Gail	Dual Disorders PSR/ T-Rm Lauren & Jeff	
12PM	Lunch on your own			Lunch on your own			Consumer Education	Lunch on your own			Lunch on your own	Lunch on your own	Lunch on your own	
1:00 PM	Grief Group PSR/T-Rm Maria & Jeffrey	Recovery Tools PSR/Brd Rm Cindy		Self Esteem PSR/Brd Rm Nancy		12-2pm CS group rotating locations Derek	DBT/CBT PSR/T-Rm Angela	Money Management PSR/ Cmnty Rm Cathleen & Jim	Members' Council PSR/ Brd Rm Sue				Social Skills PSR/ Brd Rm Lynn	Life Empowerment PSR/ T-Rm Jeffrey
2:00 PM	Open Door-PSR **WMR is also offered individually. If you are interested in signing up for individual WMR services please see Cindy for more information.			Open Door-PSR Doctor 10-2pm			Open Door-PSR Doctor 10-2pm			Social Activities occur on the first Friday of the month or unless posted otherwise. See Derek for more information				