

NON-PET Week 2-28-2022	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a - 9:45a	Roundtable Dining Room Archie	Roundtable Dining Room Alishia	Roundtable Dining Room Alishia	Roundtable Dining Room Archie	Roundtable Dining Room Alishia
	Roundtable 7B Rick	Roundtable 7B Debi W.		Roundtable 7B Alishia	Roundtable 7B Christina
	Accessing Resources Suite 10 - GED Rebecca	Accessing Resources Suite 10 - GED Rebecca	Accessing Resources Suite 10- GED Rebecca	Accessing Resources Suite 10- GED Rebecca	Accessing Resources Suite 10- GED Rebecca
10:00a - 12:15p  Skills Programming				Skills to find Inner Balance Rm 7A Christina	Grief & Loss (Skills) Rm 7A Lindsey
	Relapse Prevention Skills 7B Christina	Skills for Improving Communication Rm 7 B Angela	Skills for Independent Living 7B Rick	Skills for Setting Boundaries Rm 7B Wendy	Skills of Self Care / Crisis Prevention Rm 7 B Rick
	Positive Thinking (finding and using your strengths) 7E Wendy		Resilience in Recovery 7 E Wendy		Fun & Friendships in Recovery Rm 7E Wendy
	All Participant Skills Education SAM Rm 10 A	All Participant Skills Education Rm 10 A Archie	All Participant Skills Education Rm 10 A Angela	All Participant Skills Education Room 10 A Lindsey	All Participant Skills Education Rm 10 A Sam
	Expressions of Hope Skills CREATIVE ARTS BUILDING Teresa	Expressions of Hope Skills CREATIVE ARTS Building Teresa	Expressions of Hope Skills CREATIVE ARTS Building Teresa	Expressions of Hope Skills CREATIVE ARTS BUILDING Teresa	Expressions of Hope Skills CREATIVE ARTS BUILDING Teresa
	Pre- GED end @ 11:40 Rebecca Rm 10-GED. (10) Go to 10 B for Lunch	Pre- GED end @ 11:40 Rebecca Rm 10-GED (10) Go to 10 B for Lunch	Pre- GED end @11:40 Rebecca Rm 10-GED (10) Go to 10 B for lunch	Pre- GED end@ 11:40 Rebecca Rm 10-GED (10) Go to 10 B for lunch	Pre- GED end @ 11:40 Rebecca Rm 10-GED (10) Go to 10 B for lunch
<b>LUNCH SERVED IN GROUP ROOMS 11:45 AM</b> Lunch and Learn Streaming Starts at 11:45 am – 12:15 pm All will need to join Access Code: 648-490-357 <b>Lunch and Learn, Facilitator Robert on Monday- Alisha Tuesday- Friday</b> 4 <sup>th</sup> Monday of the Month the Advisory Council Meeting, Rebecca and Robert join using access code above					
12:30p - 2:30p	Recovery Support Peer Support Rm 7A Alishia	Staying Grounded in Recovery Rm 7A Christina	Anger Management Rm 7A Archie	Connection/ Support Peer support Rm 7A Jennifer B	Self Help and Peer Support Room 7 A Carlie
	Spirituality Seeking Meaning Peer Support 7B Lindsey	Guided Relaxation Rm 7B Wendy	Recovery Support Peer Support Justice Involved Forensic Peer Support 7 B Alishia	LGBT Support Group (Peer Support) Rm 7B Rick	Guided Relaxation Skills Rm 7B Debi W
	Smoking Cessation - BHP 7 E Archie				
		Women's Health and Wellness Rm 10 A Carlie	Recovery Planning Rm 10 A Deb W	Alternative Realities RM: 10A Archie	Men's Health and Wellness BH/ Promotion Rm 10 A Archie
	Expressions of Hope- Open Studio Creative Arts Building Angela	Expressions of Hope Open Studio Creative Arts Building Teresa	Expressions of Hope Open Studio Creative Arts Building Angela	Expressions of Hope Open Studio Creative Arts Building Angela	Expression of Hope Open Studio Creative Arts Building Angela
			Jewelry Making Creative Arts, Room 2 Christina		
	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca
2:45pm- close  Close at 5:30pm	CAMPUS CONNECT Dining Room, GYM, Resource Room and Pool Room open at 3:15 after presentation Dinner Served @ 4:30 pm	CAMPUS CONNECT Dining Room, GYM, Resource Room and Pool Room open at 3:15 after presentation Dinner Served @ 4:30 pm	CAMPUS CONNECT Dining Room, GYM, Resource Room and Pool Room open at 3:15 after presentation Dinner Served @4:30pm	CAMPUS CONNECT Dining Room, GYM, Resource Room and Pool Room open at 3:15 after presentation Dinner Served @t 4:30 pm	CAMPUS CONNECT Dining Room, GYM, Resource Room and Pool Room open at 3:15 after presentation Dinner Served @ 4:30 pm
5pm	Transport / Close 5:30pm	Transport /Close 5:30 pm	Transport /Close 5:30 pm	Transport/ Close at 5:30 pm	Transport/ Close 5:30 pm



CHEEERS is Open Monday- Friday  
8:00 am to 5:30pm

Breakfast will be continental style (as available) for those attending programming at 8:30 am

Breakfast will not be available after 8:30 am

Lunch will be delivered to Group Rooms at 11:45 am and will include a lunch and learn activity.

Lunch is not served outside of group rooms or past noon.

Snack at 2:30pm

Dinner will be served as part of Campus Connect activities at 4:30pm in dining room.

### **All Services are in person**

Covid Precautions

All members will complete a health screening at entry

Masks are required for those who do not have proof of vaccination

### **Peer Employment Training**

Must complete application and be accepted into Peer Employment Training see website for details

<https://www.cheers.org/education---employment.html>

May 16th- 27th, 2022

July 18th- 29th, 2022

Program Schedule effective 02-28-22