

WEEKLY SCHEDULE OF GROUPS & CLASSES*

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Hours of Operation: Monday - Friday 9:00am - 5:30pm • Saturday: 10:00am - 5:00pm • www.9musesartcenter.org

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ADULT SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am: Open Studio Individual Instruction 10:30am-12 Noon: Depression Support Group 12-1:00pm: Beading Techniques 1-2:00pm: Relaxation & Meditation Workshop 2-3:00pm: Creative Writing 2-4:00pm: Clay Techniques 5:00pm: Clean Up	9:00am: Open Studio 10-11:00am: WRAP Lab <i>(Wellness Recovery Action Plan)</i> 11-12:00 Noon: Healthy Living 12-1:00pm: Open Studio 12-2:00pm: Clay Techniques 2-3:00pm: Legislative Advocacy & Self Empowerment 2-3:00pm: 9Muses Advisory Council <i>(Tuesday before Member Meeting)</i> 3-4:00pm: Drawing Fundamentals 5:00pm: Clean Up 6-8:00pm: Bipolar/Depression Support Group	9:00am: Open Studio 10-11:00am: WHAM Lab <i>(Whole Health Action Management)</i> 11-12 Noon: Watercolor 1-2:00pm: Acting 2-3:00pm: Exploring Tranquility 3-4:00pm: PTSD Support 4-5:00pm: Action Planning & Recovery Workshop 5:00pm: Clean Up 7:30-8:30pm: OCD Support <i>(1st & 3rd Wednesday each month)</i>	9:00am: Open Studio 10:00am: MH Advance Directives <i>(1st Thursday each month)</i> 11:00am-12 Noon: Life Drawing 1-2:00pm: Hoarding 1-2:00pm: Poetry 2-5:30pm: Music Options 2-3:00pm: Acrylic Techniques 3-4:00pm: Art Talk 4:30-5:30pm: Anger Management 5:00pm: Clean Up 6-8:00pm: Anxiety Support Group	9:00am: Coffee & Conversation 10-11:00am: Beyond Addiction 11-12 Noon: Pastels 1-2:00pm: Meeting New People 2-5:30pm: Music Options 2-4:00pm: Clay Techniques 4:00pm: Advisory Counsel Meeting <i>(1st Friday of each month)</i> 4-5:00pm: Critique & Review 5:00pm: Clean Up 4:30-5:30pm: Schizophrenics Support Group	10:00am: Open Studio 10:30am-12:30pm: Motion Matters 12:30pm: Cinema Saturdays 1-4:30pm: Mosaic Tile Creations 2:00pm: Mental Health Screenings 2-4:30pm: Member's Options 4:30pm: Clean Up