




Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Planning for Success WK #6	2 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 12:30-3:30 Recovery Activity
5 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Coping Through Creativity	6 9:00-10:00 Morning Reflections 10:30-11:30 W.E.L.L.-WK #6 12:00-1:00 Lunch and Learn 1:30-3:00 Taking Action to Manage Anger - WK #8	7 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 10:30-11:30 Compañero a Compañeros 12:00-1:00 Lunch and Learn 1:30-3:00 M.O.R.E.- WK #9	8 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Planning for Success WK #7	9 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 12:30-3:30 Recovery Activity
12 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Coping Through Creativity	13 9:00-10:00 Morning Reflections 10:30-11:30 W.E.L.L.-WK #7 12:00-1:00 Lunch and Learn 1:30-3:00 Taking Action to Manage Anger - WK #9	14 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 10:30-11:30 Compañero a Compañeros 12:00-1:00 Lunch and Learn 1:30-3:00 M.O.R.E.- WK #10	15 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Planning for Success WK #8 Graduation	16 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 12:30-3:30 Recovery Activity
JUNETEENTH 19 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Coping Through Creativity *National Holiday commemorating emancipation of enslaved African Americans in 1865*	20 9:00-10:00 Morning Reflections 10:30-11:30 W.E.L.L.- WK #8 12:00-1:00 Lunch and Learn 1:30-3:00 Taking Action to Manage Anger - WK #10	21 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 10:30-11:30 Compañero a Compañeros 12:00-1:00 Lunch and Learn 1:30-3:00 M.O.R.E - WK #11	22 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Planning for Success WK #1	23 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 12:30-3:30 Recovery Activity
26 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Coping Through Creativity	27 9:00-10:00 Morning Reflections 10:30-11:30 W.E.L.L.- WK #9 12:00-1:00 Lunch and Learn 1:30-3:00 Taking Action to Manage Anger - WK #11	28 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 10:30-11:30 Compañero a Compañeros 12:00-1:00 Lunch and Learn 1:30-3:00 M.O.R.E - WK #12	29 9:00-10:00 Morning Reflections 10:30-11:30 Exploring Meditation 12:00-1:00 Lunch and Learn 1:30-3:00 Planning for Success WK #2	30 9:00-10:00 Morning Reflections 10:30-11:30 Wellness Through Fitness 12:30-3:30 Recovery Activity



Planning for Success (WRAP) – Planning for Success is an organized way for you to list all the things you do, have done, or would like to try to help yourself feel better, get well and stay well.

My Ongoing Recovery Experience (M.O.R.E) – MORE group offers education and guidance on essential recovery topics that will help you successfully manage your recovery from substance abuse and/or mental health challenges.

Taking Action to Manage Anger – this group will assist individuals in exploring the causes of anger, assist in the development of anger control tools and anger control plan, explore how to identify and challenge beliefs and thinking patterns that contribute to anger.

Exploring Meditation/Relaxation – this group will focus on learning, practicing, and using relaxation and meditation techniques to support your wellness.

Lunch and Learn – bring your lunch and participate in discussion with your peers to support your wellness and recovery through the combined wisdom, knowledge and mutuality.

Coping through Creativity – this group will support individuals in the exploration of creativity as a wellness tool. This could include things such as journaling, coloring, mandalas, and vision boards and should explore all types of creative outlets.

Wellness through Fitness – this group assists individuals in exploring how physical wellness can support their mental health wellness goals. This could include discussions around the benefits of diet and nutrition on wellness, exploring various types of exercise including but not limited to yoga, walking, etc.

Morning Reflections – this group will provide participants the opportunity to reflect on a daily meditation reading centered on recovery and wellness, while engaging in discussion and setting goals.

Wellness and Empowerment in Life and Living (W.E.L.L.) – WELL group is designed to assist individuals in finding and continuing wellness in all aspects of daily life. This group uses a holistic approach to promote mental, physical, social, financial, spiritual, and general wellness.