

The Dale Association
PROS Center for Wellness Group Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	
9:25 10:10	LP 134	Interpersonal Relationships PSST	KPD/AV 129 Schema Skills CST	LP/MC 131 Inner Goddess CST	KPD 129 Self Expression Thru Art CST	KPD 129 Art Therapy Stress Skills CST	
	KPD/AV 129	Mood Mgmt. Thru Art CST	MC 134 Healing thru Sound CST	HO 129 Relaxation CST	HO 134 Get Movin BLS	LP 131 Grief & Loss CST	
10:20 11:05	LP 130	Mindfulness Addiction DDE		LP 130 Living in Recovery IR IDDT	MC 134 Show me the Money BFM	MC 134 Getting the Good Life BLS	
	HO/ AV 134	Motivational Interviewing CST	HO 134 Brainpower Skills CST	MC 134 Beating the Blues DE	KPD 129 Telling Your Story Thru Art CST	KPD 129 Self Expression Thru Art CST	
	MC 129	WRAPI CST	ND 129 Meditation CST	ND 129 Creative Self Esteem Skills CST		LP 130 Dual Disorders DDE	
11:15 12:00	HO 131	Ready Set ACT CST	LP 130 Kicking the Butts IR IDDT	LP 130 Anger Mgmt. 2 CST	LP 131 Men's Group CST	MC 129 Slay Your Stress DE	
	ND 129	Basic Coping Skills WSM-CST	HO 134 Living out Loud BLS	ND 134 Meditation CST	ND 134 Skills Toolbox CST (Young Adult)		
	LP 134	Assertiveness BLS	MC 129 Beauty Within CST	HO 131 Managing Psychosis ACT CST		HO/AV 131 DBT Skills CST	
12:00-12:45		LUNCH					
12:45 1:30	MC 134	Get Movin BLS	MC 129 Play Skills for Sx. Mgmt. CST	HO 134 DBT Skills CST	HO 134 Seeking Safety CST	HO 127 Nutrition BLS	
	HO 130	Community Living Exp. CLE		MC 129 Mindfulness CST			
1:40 2:25				LP 127 Coping Thru Writing CST	MC 134 Zen Habits for Change BLS		
	KPD131	Relapse Prevention	KPD131 Relapse Prevention	KPD 131 Relapse Prevention	KPD 131 Relapse Prevention	KPD 131 Relapse Prevention	
			Dr Gupta				

Updated KPD 1/17/18