

PROS Center for Wellness Fall 2018 Schedule

Name:	Date:					
9-930a Monday	925-1010a	1020-1105a	1115-1200	12-1245	1245-130	140-225
CST-Barriers to Change MC 131	PSST-Interpersonal Relationships LP-134 CST-Mood Mgmt. Thru Art KPD-129	IDDT-Mindfulness Addiction LP-130 BLS-Food and Feelings HO-134 CST-Creative Self Esteem ND-129	ACT Beyond Depression HO-134 BFM-Show me the Money MC-131	LUNCH	CST-Impulse Control MC-134	Relapse Prevention TBA
9-930a Tuesday	925-1010a	1020-1105a	1115-1200	12-1245	1245-130	140-225
	CST-Inner Goddess HO-129 DE-Bipolar Education MC-134	BLS-Assertiveness LP-131 CST Brainpower Skills HO-130 CST-Meditation ND-129	IDDT-Kicking the Butts LP-130 CST-Banish the Panic MC-134		CST-Anger Mgmt. 2 LP-130 CST-Mindfulness HO-134	CST-Understanding Your Mind MC-134
9-930a Wednesday	925-1010a	1020-1105a	1115-1200	12-1245	1245-130	140-225
SSDS	CST-Stability Skills MC-131 CST-Schema Skills HO-129	IDDT-Living in Recovery LP-130 BLS-Living Out Loud HO-134 CST-Meditation ND-129	CST-Beauty Within LP-131 CST-Skills Toolbox ND-134 BLS-Family Communication MC-130		CST-DBT-Skills MC-131 CST-Coping Thru Writing LP-134	
9-930a Thursday	925-1010a	1020-1105a	1115-1200	12-1245	1245-130	140-225
SSDS	CST-Self Expression KPD-129 BLS-Move to Improve Your Mood HO-134	CST-Narrative Art KPD-129 CLE-Community Living Expl. LP-134	CST-Men's Group LP-134 CST-Emotional Regulation HO-129		CST-Seeking Safety HO-134	PSST-Challenging Nega. Thoughts MC-134
9-930a Friday	925-1010a	1020-1105a	1115-1200	12-1245	1245-130	140-225
	CST-Hello Healthy You MC-134 CST-Grief and Loss LP-130	BLS-Getting the Good Life MC-134 BLS-Nutrition HO-127	CST-Art Stress Skills KPD-129 CST-Basic Coping Skills ND-134		BLS-Overcoming Social Anxiety LP-134	

Dr. Misir PROS Clinic Day