

## PROS CENTER FOR WELLNESS DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:25	CC 130 Basic Coping Skills		MS 129 Grief & Loss	LP 130 Dual Disorders	LP 134 Getting the Good Life
10:10	WSM-CST		CST	IR IDDT	BLS
	ND 134 SSDS Store	KPD 129 Schema Skills		KPD 129 Self Expression Thru Art	KPD 129 Art Therapy Stress Skills
		CST		CST	CST
	LP 129 Bi Polar	LP 134		ND 127 SSDS Café	
	WSM-CST				
10:20	CC 130 Mindfulness Addiction	CC 130 Fresh Start	LP 130 Anger Management	LP 134 Hello Healthy You	
11:05	IR-IDDT	IR IDDT	CST	BLS	
	HO 134 Impulse Control	HO 129 DBT Skills	HO 131 Nutrition	KPD 129 Telling Your Story Thru Art	KPD 129 Self Expression Thru Art
	CST	CST	BLS	CST	CST
	MS 129 WRAP	ND 132 SSDS Newsletter	MS 129 Creative Self Esteem Skills	MS 131 Get Movin	HO 134 Overcoming Social Anxiety
	CST	Tutoring	ND 134 SSDS Tutoring	CST	BLS
11:15	KPD 129 Mood Mgmt. Thru Art	CC 130 Kicking the Butts	CC 130 Living in Recovery	CC 131 Getting the Good Life	
12:00	CST	IR IDDT	IR IDDT	BLS	
	HO 131 Ready Set ACT	ND 134 Career Discovery	ND 134 Educational Planning	ND 134 Young Adult Group	LP 130 Self Help Education
	CST	BLS	BLS		IR IDDT
	LP 134 Assertiveness	MS 129 Impulse Control	HO 129 Ready Set ACT	HO 129 Community Living Exploration	MS 129 Beating the Blues
	BLS	CST	CST	CLE	DE
12:00-1245					
12:45	ND 134 Coping Thru Writing	MS 129 Meditation	ND 129 SSDS Art Gallery	LP 130 Real World Recovery	HO 127 Nutrition
1:30	CST	CST	JB 131 DBT Skills	DDE	BLS
	MS 129 Get Movin	LP 134 CBT Thru Art	LP 130 Breaking Free from Smoking	MS 129 Interpersonal Relationships	ND 134 Problem Solving
	BLS	CST	IR IDDT	PSST	SSDS
		HO 130 Beauty Within	MS 134 Mindfulness	HO 130 Effective Thinking CBT	
		CST	CST	BLS	
1:40	HO 134 Self Esteem	LP 134 Banish the Panic	LP 134 Beating the Blues	MS 129 Relaxation	
2:25	CST	CST	DE	CST	
	KPD131 Relapse Prevention	KPD131 Relapse Prevention	KPD 131 Relapse Prevention	KPD 131 Relapse Prevention	KPD 131 Relapse Prevention
		Dr Gupta			

Dec-16

