

The Dale Association
PROS Center for Wellness Group Schedule

		Monday	Tuesday	Wednesday		
9:25 10:10	LP 134	Interpersonal Relationships	KPD/AV 129	Schema Skills	LP/MC 131	Inner Goddess
		PSST		CST		CST
	KPD/AV 129	Mood Mgmt. Thru Art	MC 134	Healing thru Sound	HO 129	Relaxation
		CST		CST		CST
10:20 11:05	LP 130	Mindfulness Addiction			LP 130	Living in Recove
		DDE				IR IDDT
	HO/ AV 134	Motivational Interviewing	HO 134	Brainpower Skills	MC 134	Beating the Blue
		CST		CST		DE
	MC 129	WRAPI	ND 129	Meditation	ND 129	Creative Self Est
		CST		CST		CST
11:15 12:00	HO 131	Ready Set ACT	LP 130	Kicking the Butts	LP 130	Anger Mgmt. 2
		CST		IR IDDT		CST
	ND 129	Basic Coping Skills	HO 134	Living out Loud	ND 134	Meditation
		WSM-CST		BLS		CST
	LP 134	Assertiveness	MC 129	Beauty Within	HO 131	Managing Psych
		BLS		CST		CST
12:00-1245		LUNCH				
12:45 1:30	MC 134	Get Movin	MC 129	Play Skills for Sx. Mgmt.	HO 134	DBT Skills
		BLS		CST		CST
	HO 130	Community Living Exp.			MC 129	Mindfulness
		CLE				CST
1:40					LP 127	Coping Thru Wr
2:25						CST
	KPD131	Relapse Prevention	KPD131	Relapse Prevention	KPD 131	Relapse Prevent
			Dr Gupta			
Updated KPD 1/17/18						

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Thursday		Friday	
	KPD 129 Self Expression Thru Art CST	KPD 129	Art Therapy Stress Skills CST
	HO 134 Get Movin BLS	LP 131	Grief & Loss CST



ery	MC 134 Show me the Money BFM	MC 134	Getting the Good Life BLS
es	KPD 129 Telling Your Story Thru Art CST	KPD 129	Self Expression Thru Art CST
teem Skills		LP 130	Dual Disorders DDE



	LP 131 Men's Group CST	MC 129	Slay Your Stress DE
	ND 134 Skills Toolbox CST (Young Adult)		
nosis ACT		HO/AV 131	DBT Skills CST



	HO 134 Seeking Safety CST	HO 127	Nutrition BLS



riting	MC 134 Zen Habits for Change BLS		
tion	KPD 131 Relapse Prevention	KPD 131	Relapse Prevention

