

CRC Groups for October - December 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:00	<i>Self serve breakfast with Janine and Betianne</i>	~~~~~	~~~~~	~~~~~	~~~~~
9:00 – 10:30 Group Room	<i>Motion Khamla (backup: Janine)</i>	<i>Life Skills Janine (backup: Betianne)</i>	<i>Finding your best self Betianne (Backup: Trish)</i>	<i>Self-Compassion Janine (Backup: Carol)</i>	<i>As the Page Turns Janine (backup: Khamla)</i>
10:30 – 12:00 Group Room	<i>Voices & Visions Carol (Backup: Janine)</i>	<i>Writing Expressions Trish (Backup: Betianne)</i>	<i>Facing Anger Trish (Backup: Betianne)</i>	<i>Mindfulness Carol (Backup: Khamla)</i>	<i>Recovery Music Trish (backup: Betianne)</i>
10:00 – 12:00 Kitchen	NO GROUP	NO GROUP	NO GROUP	NO GROUP	<i>Stone Soup Russell, Janine and Betianne</i>
12:00 – 1:00 Dining Room	NO LUNCH	<i>Lunch with Russell</i>	<i>Lunch with Russell</i>	<i>Lunch with Russell</i>	<i>Lunch with Russell</i>
1:00 – 2:30 Group Room	<i>Boundaries Betianne (backup: Trish)</i>	<i>Creative Expressions Betianne (Backup: Trish)</i>	NO GROUP	<i>Grief and Loss Khamla (backup: Janine)</i>	<i>Games Khamla (Backup: Janine)</i>

Community Lunch Meeting is the first Wednesday of each month