

CRC Groups for April - June 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:00	<i>Self-serve breakfast Trish & Felicia</i>	~~~~~	~~~~~	~~~~~	~~~~~
9:00 – 10:30 Group Room	<i>Mind, Body & Balance Khamla (backup: Janine)</i>	<i>Life Skills Janine (backup: Felicia)</i>	<i>Interpersonal Skills through DBT Trish & Khamla</i>	<i>Motion and Wellness Khamla (Backup: Felicia)</i>	<i>Fiber Expressions Janine (backup: Felicia)</i>
10:30 – 12:00 Group Room	<i>Voices & Visions Carol (Backup: Janine)</i>	<i>Better Days Trish (Backup: Khamla)</i>	<i>Journey to Freedom Janine & Felicia</i>	<i>Mindfulness Carol (Backup: Khamla)</i>	<i>Recovery Music Trish (backup: Janine)</i>
10:00 – 12:00 Kitchen	NO GROUP	NO GROUP	NO GROUP	NO GROUP	<i>Stone Soup Felicia</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 Felicia (backup: Trish)</i>	<i>Creative Expressions Felicia (Backup: Trish)</i>	NO GROUP	<i>5 Agreements Janine (backup: Khamla)</i>	<i>Games Felicia & Khamla</i>

Community Lunch Meeting is the last Wednesday of each month