

CRC Groups for October - December 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>Writing Expressions Janine (Backup: Felicia)</i>	<i>Interpersonal Skills through DBT Khamla (Backup: Janine)</i>	<i>Grief & Loss Khamla (Backup: Trish)</i>	<i>No Group</i>
10:30 – 12:00 Group Room	<i>Voices & Visions Carol (Backup: Janine)</i>	<i>Better Days Felicia (Backup: Khamla)</i>	<i>This Too Shall Pass Janine (Backup: Felicia)</i>	<i>Mindfulness Carol (Backup: Khamla)</i>	<i>Recovery Music Trish (Backup: Felicia)</i>
10:00 – 12:00 Kitchen	NO GROUP	NO GROUP	NO GROUP	NO GROUP	<i>Stone Soup Carol</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: Janine)</i>	<i>Creative Expressions Felicia (Backup: Janine)</i>	<i>Print Making w/Laurel Felicia (Backup: Janine) 1–3pm Oct. 11th, 18th, 25th Nov. T.B.D.</i>	<i>Community Life Skills Janine (Backup: Khamla)</i>	<i>Games Felicia (Backup: Khamla)</i>

Community Lunch Meeting is the last Wednesday of each month