

## Aurora Services Class Schedule

5/2/22-7/1/22

| TIME             | GROUP TITLE             | PRACTITIONER |
|------------------|-------------------------|--------------|
| <b>MONDAY</b>    |                         |              |
| 8:15-8:45        | MORNING WISDOM          | Kathi        |
| 9:00 – 10:00     | COMMUNITY MEETING       | Melissa      |
| 10:00 – 11:00    | EMPOWERING INDEPENDENCE | Ryan         |
| 11:00 - 12:00    | CHILL OUT STRATEGIES    | Kathi        |
|                  |                         |              |
| 1:00 – 2:00      | BEAUTIFUL DAY           | Nicole       |
| <b>TUESDAY</b>   |                         |              |
| 8:15 – 8:45      | MORNING WISDOM          | Ryan         |
| 9:00 – 10:00     | BE THE CHANGE           | Nicole       |
| 10:00 – 11:00    | METAPHORS FOR LIFE      | Kathi        |
| 11:00 – 12:00    | SPRING OFF THE COUCH    | Ryan         |
|                  |                         |              |
| 1:00 – 2:00      | RECOVERY SUPPORT        | Lucas        |
| <b>WEDNESDAY</b> |                         |              |
| 8:15 – 8:45      | MORNING WISDOM          | Nicole       |
| 9:00 – 10:00     | HEALTH AND BEYOND       | Ryan         |
| 10:00 – 12:00    | COLOR MY WORLD          | Deanna       |
|                  |                         |              |
| 1:00 – 2:00      | DOORWAY TO ACCEPTANCE   | Kathi        |
| <b>THURSDAY</b>  |                         |              |
| 8:15 – 8:45      | MORNING WISDOM          | Melissa      |
| 9:00 – 10:00     | SPRING VIBES            | Nicole       |
| 10:00 – 12:00    | CREATIVE EXPRESSIONS    | Deanna       |
|                  |                         |              |
| 1:00 – 2:00      | TIME FOR TECHNOLOGY     | Lucas        |
| <b>FRIDAY</b>    |                         |              |
| 8:30 – 10:00     | FUN FRIDAY              | Kathi        |
| 10:00 – 12:00    | MOVIE GROUP             | Nicole       |
|                  |                         |              |
| 12:00 – 1:00     | LUNCH AND WRAP UP       | Staff        |

\*\*\*\*\* Group times are subject to change based on attendance.

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4/27/22