

Aurora Services Class Schedule

7/18/22-9/9/22

TIME	GROUP TITLE	PRACTITIONER
MONDAY		
8:15 – 9:30	COMMUNITY MEETING	Melissa
9:30 – 10:45	HEALTHY MINDS, HEALTHY LIVES	Ryan
10:45 - 12:00	RESILIENCY AND RENEWAL	Kathi
1:00 – 2:00	SONGS FOR SUCCESS	Nicole
TUESDAY		
8:15 – 9:30	SAFETY FIRST!	Ryan
9:30 – 10:45	BOLSTER YOUR SELF-CONFIDENCE	Nicole
10:45-12:00	EMOTIONAL WELLNESS	Kathi
1:00 – 2:00	RECOVERY SUPPORT	Lucas
WEDNESDAY		
8:30 – 10:30	MANAGING ANXIETY AND INCREASING COPING SKILLS	Nicole
10:30 – 12:00	BUILDING CONNECTIONS	Ryan
1:00 – 2:00	SOCIAL GRACES	Kathi
THURSDAY		
8:15 – 8:45	MORNING WISDOM	Melissa
9:00 – 12:00	CREATIVE EXPRESSIONS	Deanna
1:00 – 2:00	TIME FOR TECHNOLOGY	Lucas
FRIDAY		
8:30 – 10:00	FUN FRIDAY	Kathi
10:00 – 12:00	MOVIE GROUP	Ryan
12:00 – 1:00	LUNCH AND WRAP UP	Nicole-cook/Staff

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

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4/27/22