

Aurora Services Class Schedule

9/12/22-11/4/22

TIME	GROUP TITLE	PRACTITIONER
MONDAY		
8:15 – 9:30	COMMUNITY MEETING	Melissa
9:30 – 10:45	PREVENTING PROCRASTINATION	Ryan
10:45 - 12:00	RECOVERY STORIES AND ADVOCACY	Kathi
1:00 – 2:00	SWEET SOUNDS OF RECOVERY	Nicole
TUESDAY		
8:15 – 9:30	SEEKING SAFETY	Ryan
9:30 – 10:45	STRESS AND SYMPTOM MANAGEMENT	Nicole
10:45-12:00	CULTURE APPRECIATION	Kathi
1:00 – 2:00	RECOVERY SUPPORT	Lucas
WEDNESDAY		
8:30 – 10:30	FACING FEELINGS	Nicole
10:30 – 12:00	HEALTH IS WEALTH	Ryan
1:00 – 2:00	LET’S GET MOVING	Kathi
THURSDAY		
8:15 – 8:45	MORNING WISDOM	Melissa
9:00 – 12:00	CREATIVE EXPRESSIONS	Deanna
1:00 – 2:00	FALL FOR TECHNOLOGY	Lucas
FRIDAY		
8:30 – 10:00	FUN FRIDAY	STAFF
10:00 – 12:00	IT’S SHOWTIME	STAFF
12:00 – 1:00	LUNCH AND WRAP UP	Melissa-cook/Staff

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

Aurora Recovery
363 Third Street
Beaver, PA 15009

P: (724)775-2298; F: (724)774-7603

9/7/22