

Skill-building groups schedule as of 4/11

COOKING/MEAL PLANNING	Tuesday 11:00AM	<p>Focuses on the relationship between nutrition, good physical health, and positive mental health.</p> <p>Participants learn to improve meal preparation skills, and work together cooperatively.</p>
SYMPTOM MONITORING	Tuesday 1:00PM	Helps attendees recognize the triggers of relapse and guides appropriate interactions with others.
WEEKEND PLANNING	Friday 10:00AM	Promotes positive social interactions and awareness and of current events, reducing isolation and helping individuals structure free time
COPING SKILLS GROUP	Wednesday 11:00AM	Helps individuals recognize how they have dealt with various situations in the past and develop more effective coping skills for the future.
BEING ACTIVE	?	Outings and social events directed by clients