

# JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 PSR CLOSED NEW YEARS DAY	2 11-T/A+P/S: New Year's Resolutions 1:30-C/S: Kindness List	3 11- T/A: Year in Review 1:30-R/A: Music	4
5 T/J: Therapeutic Journaling P/S: Peer Support P/E: Psychoeducational T/A: Therapeutic Art S/S: Social Skills	6 11-T/J: Values, Ideas & Beliefs 1:30-ADL: Winter Safety Awareness Month	7 11-P/E: Uncommon Grief 1:30-PS/: Peer Support	8 11-T/A: Paint & Treat 1:30-P/E: Support Circle	9 11-C/S+ ADL- Walmart 1:30-P/S: Pass the Monster	10 11-P/E: Inna 1:30-R/A: Music	11
12 C/S: Community Skills R/S: Resource Skills ADL: Adult Daily Living Skills R/A: Relaxation Activity S/G: Skills Group	13 11-P/E: How addiction rewires the brain 1:30-T/J: Finding your Strengths	14 SPA DAY	15 11-S/S: January Birthday Party 1:30- T/A: Arts & Crafts	16 10-R/S: Vinton Library 1:30- P/S: Dice Breakers	17 11-P/E: Inna 1:30-R/A: Music	18 DAILY SCHEDULE 9- CENTERS 10-MORNING MEETING 11- 1ST GROUP 12- LUNCH
19	20 11-T/A: "I have a dream" 1:30-S/G: Wants VS. Needs	21 11-P/E: Calming Techniques 1:30-P/E+S/G: Wheel of life: Finding Balance	22 11-S/S: Board Game Champion Competition	23 11-ADL: Store 1:30-P/S: Pass the Monster	24 11-P/E: Inna 1:30-R/A: Music	25 1- ADL 1:30: 2ND GROUP 2- END OF DAY
26	27 11-P/E: Distress Tolerance Skills 1:30- P/S: Peer Support	28 11-ADL- Store 1:30- S/S: BINGO	29 11-P/E: Rejection Sensitive Dysphoria 1:30- T/A: Therapeutic Art	30 11-S/S: Bowling 1:30-P/S: Ice Breaker Cards	31 PSR CLOSED WORK DAY	1

Holidays and Observances: 1: New Year's Day, 20: Martin Luther King Jr. Day, Inauguration Day