

PROS Schedule Winter 2024 – 2025 Monday December 2, 2024 - Friday February 28, 2025

Highlighted classes will be offered in person AND on Zoom at the same time

	Monday IN PERSON	Tuesday IN PERSON	Wednesday IN PERSON	Thurs. In Person AM/Zoom PM	Friday IN PERSON
9:00	<u>The Art of Gratitude</u> (CL)	STAFF TRAINING NO CLASSES	Quilting (TH) <u>(In Person Only)</u> <u>Emotions 101</u> (AV)	<u>Positive Thoughts for a New Day</u> (AV)	<u>DBT Drop in</u> (KP) Let's Bake It (TH) <u>(In Person Only)</u>
10:00	Yoga (CL) <u>(In Person Only)</u> <u>Creating a Healthier Life</u> (LB) <u>DBT DEAR MAN</u> (AV & BF2)	<u>Emotional Intelligence Skills</u> (AR) <u>Embracing Imperfections</u> (LB) Cross Stitching (KP) <u>(In Person Only)</u>	<u>Coping with Chronic Pain</u> (AO) Quilting (TH) <u>(In Person Only)</u> <u>Sexuality & Gender</u> (RE) <u>Seated Yoga</u> (BF2)	<u>Mindful Self-Compassion</u> (LB) <u>Loneliness</u> (RE) Dungeons & Dragons (AO & Rain) <u>(In Person Only)</u> (10:00am-12:00pm)	Embroidery (AO & CL) <u>(In Person Only)</u> <u>Meditation</u> (AR) Video Games (Ben K.) <u>(In Person Only)</u>
11:00	<u>Behavioral Activation for Depression</u> (AR) <u>Considering Employment: The Pros & Cons of Working</u> (BF) Lunch Prep (KP) <u>(In Person Only)</u> <u>Current Events</u> (Ben K.)	Patience and Mindfulness Through the Art of Making (CL) <u>(In Person Only)</u> Mindful Movement (KP) <u>(In Person Only)</u> <u>DBT Toolbox</u> (AV & Aara)	<u>Addiction Recovery Skills</u> (CL) Lunch Prep (TH) <u>(In Person Only)</u> <u>Cultivating Resilience After Trauma</u> (BF2) <u>Radical Acceptance</u> (RE)	Leather Working (AV) <u>(In Person Only)</u> <u>Trauma & Your Body</u> (RE) Dungeons & Dragons (AO & Rain) <u>(In Person Only)</u> (10:00am-12:00pm)	<u>Art for Self-Esteem</u> (AR) <u>Recovering Together</u> (KP & Aara) Lunch Prep (AO) <u>(In Person Only)</u> Video Games (Ben K.) <u>(In Person Only)</u>
12	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
1:00	Clean Up and Coping (CL) <u>(In Person Only)</u> <u>LGBTQ+ Peer Support</u> (AO) <u>DBT Emotion Regulation</u> (BF2)	<u>CBT for Smoking Cessation</u> (LB) <u>ACT for Anger</u> (AO)	Clean Up and Coping (AV) <u>(In Person Only)</u> <u>Peer Support</u> (KP & CL) YMCA with Lisa 1pm-3pm <u>(In Person Only)</u>	<u>DBT Mindfulness</u> (AV) <u>(Zoom Only)</u>	Clean Up and Coping (TH) <u>(In Person Only)</u> <u>Setting Healthy Boundaries</u> (CL) <u>Re-Writing Your Story</u> (Danny P.)
2:00	<u>DBT Drop-In</u> (AR) Fiber Arts (Michelle B.) <u>(In Person Only)</u>	<u>WRAP for Work & Reasonable Accommodations</u> (BF)	<u>Social Skills for Employment</u> (BF) <u>Building Self-Esteem</u> (AR & Steven K.)	No Classes	Games (AO) <u>(In Person Only)</u>
3:00	Coping Through Crafting (LB) <u>(In Person Only)</u>	The UNGAME – Practice Communication Skills! (AA) <u>(In Person Only)</u>	<u>Challenging Cognitive Distortions</u> (BF2)	No Classes	<u>Buried in Treasures</u> (AV)

PROS current Staff, Peer Specialist Staff and Interns
 HS – Heather AV – Aaron PH – Pam
 LB – Lisa AR – Amy AO – Ariana
 TH – Tammy BF – Bruce RE – Rowan
 CL – Cinder KP – Katie BF2 – Brenna
 AA – Adrian

No Class Days
 Staff Christmas Gathering – Friday December 20
 Christmas Day – Wednesday December 25
 New Year's Day – Wednesday January 1
 Dr. Martin Luther King, Jr. Day – Monday January 20
 Winter All Staff Meeting – Wednesday January 29
 Presidents Day – Monday February 17

Classes listed as **CLOSED** either have prerequisites (e.g., taking a specific class in an earlier semester), or must be attended starting with the first session.