

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2024

Foundations Psychiatric Rehabilitation Program

					<p>1</p> <p>Life Skills: Understanding Emotions</p> <p>Let's Make a Deal</p> <p>Buffet Diwali (Hindu)</p>	<p>2</p>
<p>3</p> <p>Turn your clocks back</p> <p>Daylight Saving Time Ends</p>	<p>4</p> <p>Illness Management: Managing Impulsive Behaviors</p> <p>Meditation Monday</p> <p>Dollar Store \$\$</p>	<p>5</p>	<p>6</p> <p>TED Talk: Mental Health for All</p> <p>How Many Words</p> <p>Walmart \$\$</p>	<p>7</p>	<p>8</p> <p>Social Skills: Building Healthy Boundaries</p> <p>Poetry Contest</p> <p>Feed the Ducks</p>	<p>9</p>
<p>10</p> <p>This institution is an equal opportunity provider</p>	<p>11</p> <p>Independent Living: Developing Healthy Routines</p> <p>Bingo</p> <p>Goodwill \$\$ Veterans Day Remembrance Day (Canada)</p>	<p>12</p> <p>Community Day at Maryland Food Bank</p>	<p>13</p> <p>Illness Management: Nutrition vs. Mental Health</p> <p>Personal Vision Boards</p> <p>Library</p>	<p>14</p>	<p>15</p> <p>Life Skills: Goal Setting and Motivation</p> <p>Cooking Group</p>	<p>16</p>
<p>17</p> <p>Schedule is subject to change</p>	<p>18</p> <p>Illness Management: Recognizing and Managing Triggers</p> <p>Meditation Monday</p>	<p>19</p>	<p>20</p> <p>Illness Management: Coping with Loneliness & Preventing Isolation</p> <p>Pamper Me Hand Massages</p>	<p>21</p>	<p>22</p> <p>Life Skills: Stress Management Techniques</p> <p>Client Choice</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>Social Skills: Coping with Social Anxiety</p> <p>Arts and Crafts Baltimore Aquarium Incentive</p>	<p>26</p>	<p>27</p> <p>Family and Friends Luncheon</p>	<p>28</p> <p>Happy Thanksgiving</p> <p>PRP Closed</p> <p>Thanksgiving Day (US)</p>	<p>29</p> <p>Movie Friday</p> <p>Birthday Karaoke</p>	<p>30</p>