

CRC Groups for July - September 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 – 10:50 Group Room	Voices & Visions Janine (Backup: Trish)	Self-Esteem Anna (Backup: Janine)	No Group	Ups & Downs Trish (Backup: Anna)	Recovery Music James (Backup Trish)
11:00 – 11:50 Group Room	Men's Group James (Backup: Tom)	Mindfulness Trish (Backup: James)	Walking Group Trish (Backup: Krissy)	Holding it Together Janine (Backup: James)	Reclaiming Your Life Janine (Backup: Trish)
12:00 – 12:50 Dining Room	Social Skills Lunch Janine (Backup: Trish)	Social Skills Lunch Anna (Backup: James)	Community Meeting Tom (Backup: Janine)	Social Skills Lunch James (Backup: Anna)	Social Skills Lunch Trish (Backup: Sara)
1:00 – 2:30 Group Room	Peer to Peer Anna (Backup: James)	Creative Expressions Sara (Backup: Anna)	Writing Expression's Anna (Backup: Sara)	Lookin' Fine Janine (Backup: Anna)	Games James (Backup: Anna)