

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00AM	Morning Inspirations with Ryan 10:00am-10:30am	Morning Inspirations with Jocelyn 10:00am-10:30am	Morning Inspirations with Kelasia 10:00am-10:30am	Morning Inspirations with Ryan 10:00am-10:30am	DMV/DHA Support with Daniel & Carissa 9:00am-12:00pm Morning Inspirations with Kelasia 10:00am-10:30am
10:30am	Stretch & Meditation with Ryan 10:30am-11:00am	Stretch & Meditation with Jocelyn 10:30am-11:00am	Stretch & Meditation with Kelasia 10:30am-11:00am	Stretch & Meditation with Ryan 10:30am-11:00am	Stretch & Meditation with Kelasia 10:30am-11:00am
11:00AM	Behavioral Health Bridge Housing Referrals 11:00am-12:00pm	Wellness Basketball with Ryan 10:30am-11:30am	Bingo with Jocelyn 11:00am-11:45am	Coping Skills with Kelasia 11:00am-11:45am	Journaling with Jocelyn 11:00am-11:45am
11:45AM	Lunch	Lunch	Lunch	Lunch	Lunch
12:30pm	Mid-day Announcements with Jocelyn 12:30pm-1:00pm	Mid-Day Announcements with Kelasia 12:30pm-1:00pm	Mid-Day Announcements with Kelasia 12:30pm-1:00pm	Mid-Day Announcements with Kelasia 12:30pm-1:00pm	Mid-Day Announcements with Jocelyn 12:30pm-1:00pm
1:00PM		Wellness Walk with Ryan 1:00pm-2:00pm	Walk-In Outpatient Orientation 1:00pm-3:00pm	Walk-In Outpatient Orientation 1:00pm-3:00pm The Wellness Kitchen with Jocelyn 1:00pm-2:00pm	Behavioral Health Bridge Housing Referrals 1:00pm-2:00pm
2:00PM	Expressive Art with Carissa & Jocelyn 2:00pm-3:00pm	Games with Ryan 2:00pm-3:00pm	DIY Delights with Carissa 2:00pm-3:00pm	What do you Meme with Ryan 2:00pm-3:00pm	Movies & Popcorn 2:00pm-3:00pm
3:30PM	End of Day Cleanup & Prep	End of Day Cleanup & Prep	End of Day Cleanup & Prep	End of Day Cleanup & Prep	End of Day Cleanup & Prep

Wellness Center open Monday thru Friday 8:30AM-3:30pm- come join