



Progress continues here.

Programming February 28th to March 12th, 2022

Mon: 5:30-8:30 (Zoom & Onsite)
 Tues: 11-2 (Zoom & Onsite)
 5:30-8:30 (Zoom & Onsite)
 Wed: 11-2 (Zoom & Onsite)
 5:30-8:30 (Zoom & Onsite)
 Thurs: 11-2 (Zoom & Onsite)
 5:30-8:30 (Zoom & Onsite)
 Fri: 11-2 (Zoom & Onsite)
 Sat: 10-1 (Zoom & Onsite)

Monday, Feb 28	Tuesday, Mar 1	Wednesday, Mar 2	Thursday, Mar 3	Friday, Mar 4	Saturday, Mar 5
<p><u>Gratitude</u> Learn how gratitude practice can help manage depression.</p> <p>Weekly Review</p> <p>Mindful Movement</p> <p>Cajun Jambalaya Cooking Demo</p>	<p><u>Dialectics</u> Learn how to respond to black and white/all or nothing thinking by holding multiple ideas in mind at once.</p> <p>Weekly Review (AM)</p> <p>Fueling Our Movement (PM)</p> <p>Butternut Squash Noodles with Bolognese Cooking Demo</p>	<p><u>SMART Goals</u> Learn how to formulate goals each week to feel more successful and motivated.</p> <p>Mindful Movement</p> <p>How Digestion Works</p> <p>Mediterranean Chicken Salad Sandwiches Provided Recipe & Meal</p>	<p><u>Communication Assessment</u> Explore how your communication varies and identify communication you would like to improve.</p> <p>The Utter Importance of Hydration</p> <p>Mapo Tofu Cooking Demo</p>	<p><u>Values Card Sort</u> Use this interactive group to set your priorities for the next month.</p> <p>Weekend Planner</p> <p>Mindful Movement</p> <p>Chicken Poblano Bake Cooking Demo</p>	<p><u>STOP and TIP Skills</u> Explore new ways to manage emotional distress.</p> <p>Overcoming Plateaus</p> <p><u>Cook Along Saturday</u> *** Chef Byron and Chasley lead an interactive, hands-on Cook-Along, featuring Assorted Sushi Cones (Temaki) ***</p>
Monday, Mar 7	Tuesday, Mar 8	Wednesday, Mar 9	Thursday, Mar 10	Friday, Mar 11	Saturday, Mar 12
<p><u>Sit with Feelings</u> Learn how to sit with your feelings productively without being overwhelmed.</p> <p>Weekly Review</p> <p>Mindful Movement</p> <p>Turkey Chili with Country Cornbread Cooking Demo</p>	<p><u>Boundaries Part I</u> Explore what it means to set a boundary and why it is important to do so.</p> <p>Weekly Review (AM)</p> <p>Hydration and Movement (PM)</p> <p>Oven Fried Fish with Slaw Cooking Demo</p>	<p><u>Wise Mind</u> Explore why it is important to balance intellect and emotion to make satisfying, effective decisions.</p> <p>Mindful Movement</p> <p>Long-Term Goal Setting</p> <p>Olive Tapenade with Gyro Meat and Dippers Provided Recipe & Meal</p>	<p><u>Motivational Collage</u> Create an image to help you feel motivated to work towards your goals.</p> <p>Oops That's ...Fad Diets</p> <p>Swedish Meatballs with Gravy and Broccoli Cooking Demo</p>	<p><u>Spoons Theory</u> Explore how to modify some of the impact of chronic mental and physical illness or disability on our daily lives.</p> <p>Weekend Planner</p> <p>Mindful Movement</p> <p>Oeufs Cocotte (Baked Eggs with Shrimp and Bacon) Cooking Demo</p>	<p><u>Open Group</u> Come prepared to discuss something on your mind and how it is impacting your journey.</p> <p><u>Movement Saturday</u> *** Dr. Tovar leads an invigorating movement morning!! ***</p> <p>Chipotle Chicken Salad Mix Provided Recipe & Meal</p>

Topics Subject to Change

BLUE - Counseling

PURPLE - Nutrition and Movement

RED - Accountability

Green - Cooking and Mindful Eating