

MiB Well-being Schedule Spring 2018 ->

Start Time: 9:30 AM Time Interval: 30 (in minutes)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM			Appointment-based One on Ones (11am - 2pm)		WomensZone (11am - 1pm)		
11:30 AM							
12:00 PM			Appointment-based One on Ones (11am - 2pm)		WomensZone (11am - 1pm)		
12:30 PM							
1:00 PM			Appointment-based One on Ones (11am - 2pm)	Hearing Voices (1pm - 2pm)	Art Group (1pm - 2pm)		
1:30 PM							
2:00 PM			MiB Recovery Group (2pm - 4:30pm)		One on Ones (12pm - 4pm)		
2:30 PM							
3:00 PM			MiB Recovery Group (2pm - 4:30pm)		One on Ones (12pm - 4pm)		
3:30 PM							
4:00 PM	Singing Group (4pm - 5pm)	Tribal Drumming (4pm- 5pm)					
4:30 PM							
5:00 PM	Independent Life Skills (5pm - 6:30pm)	MensZone (5pm - 7pm)		MixedZone (5pm - 7pm)			
5:30 PM							
6:00 PM							
6:30 PM	Peer Support Group (Open) (6:30pm - 7:30pm)	Anxiety Group (Open) (7pm - 8pm)		Mindfulness Group (7pm - 8pm)			
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							