



Psychosocial Rehabilitation (PSR) Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM-10:00AM	Morning Meditation Facilitators: Calvin & Ilene	Morning Meditation Facilitators: Dominique & Ilene			Morning Meditation Facilitator: Dominique & Ilene
10:00AM-11:30AM	Goals Group Facilitators: Calvin & Ilene	Trauma Group 24 week Module Beginning: 7/10/2018 thru 12/18/2018 Facilitators: Dominique & Ilene	Mindfulness Basics 8 week Module Beginning: 7/18/2018 thru 09/05/2018 Facilitators: Angie & Ilene	Coping Skills Facilitators: Dominique & Ilene	Relationships Facilitators: Dominique & Ilene
11:30AM-12:30PM	Time Management Facilitators: Calvin & Ilene	Relapse Prevention: Mental Health Facilitators: Elaine & Ilene	Meaning through Music 8 week Module Beginning: 07/18/2018 thru 09/05/2018 Facilitators Dominique & Ilene	Healthy Self- Concept Facilitators: Elaine & Ilene	Feedback & Support Facilitators: Calvin & Ilene

Thrive Counseling Center: 708-383-7500
120 S. Marion St., Oak Park, IL 60302

Therapists/Group Facilitators: Dominique Finley Ext. 303 - Calvin Berg Ext. 313 - Elaine Phillips Ext 434/121- Angie Potaczek Ext. 115 Recovery Specialist: Ilene Fortin