

Community Transitions Center Menlo Park Winter 2005

Theme: Living Up to Your Potential!

| STAFF | MONDAY Eric, Helen, Janet, & Joyce | TUESDAY Helen, Janet, & Joyce | WEDNESDAY Eric, Joyce, & Mary | THURSDAY Paul & Gene | FRIDAY Eric & Janet |
|----------------------|---|---|---|--|---|
| 8:00 am 9:30 am | <i>Morning Connections</i> | <i>Morning Connections</i> | <i>Morning Connections</i> | <i>Morning Connections</i> | <i>Morning Connections</i> |
| 9:30 am 9:45 am | Exercise! | Exercise! | Exercise! | Exercise! | Exercise! |
| 9:45 am 10:30 am | RECOVERY & ROLE MODELS Helen (Eric) | <i>Valuable Community Roles</i> Joyce (Helen) | WELLNESS TOOLS: CBT & WRAP Eric & Dan (Joyce) | <i>Community Resources</i> Paul (Eric) | Positive Social Interactions Eric (Janet) |
| 10:30 am 10:45 am | BREAK | BREAK | BREAK | BREAK | BREAK |
| 10:45 am 11:30 am | <i>Improving Communication Support & Relationships</i> Janet & Joe (Joyce) |  Bridges: Community Goals Janet (Joyce) | <i>Independent Living Tools</i> Mary (Joyce) | CREATIVE EXPRESSIONS Gene (Mary & Janet) | <i>Life!! Beyond the VA</i> |
| 11:30am 12:00 pm | <i>Student Advisory Time</i> | <i>Student Advisory Time</i> | <i>Student Advisory Time</i> | <i>Student Advisory Time</i> | <i>Student Advisory Time</i> |
| 12:00 pm 1:00 pm | <i>Introductory Computer Time</i> | <i>Introductory Computer Time</i> | <i>Introductory Computer Time</i> | <i>Introductory Computer Time</i> | <i>Introductory Computer Time</i> |
| 1:00 pm 2:00 pm | 12:30 – 2 pm CTC Staff Meeting | Dual Recovery ANONYMOUS | <i>Student Advisory Time</i> | Dual Recovery ANONYMOUS | <i>Student Advisory Time</i> |
| 2:00pm 3:00 pm | <i>Computer Access Self Directed</i> | <i>Computer Access Self Directed</i> | <i>Computer Access Self Directed</i> | <i>Computer Access Self Directed</i> | <i>Computer Access Self Directed</i> |

Community Connection: Mutual-Help Centers - Friendship Center - PNMHC/Miller Center - Canada College - College of San Mateo- Community Libraries - Belle Haven Sr. Center - Little House Sr. Center - Avenidas - Community Vocational Service