

**MHW Center Day Program Course Schedule  
July 9th- Sept 21th 2018**

<b>Class</b>	<b>Description</b>	<b>Days</b>	<b>Time</b>	<b>Room/Location</b>	<b>Instructor</b>
<b>Meeting &amp; Warm Up</b>	Team Skill Building	<b>Mon-Thurs</b>	<b>10:30-10:45am</b>	Activities Room	Various DT Staff
<b>Volunteer Day</b>	Pre-Vocational Training	<b>Monday</b>	<b>11:00am-3:00pm</b>	Various Volunteer Sites	Various DT Staff
<b>Guitar</b>	Cognitive Development	<b>Tuesday</b>	<b>11:00am-12:00pm</b>	MHWC Classroom	Jeffrey Smoller
<b>Sharing Stories</b>	Creative & Cognitive Development	<b>Tuesday</b>	<b>1:00pm-2:00pm</b>	MHWC Classroom	Jeffrey Smoller
<b>Creative Writing</b>	Writing & Comprehension	<b>Tuesday</b>	<b>2:30pm-3:00pm</b>	MHWC Classroom	Various DT Staff
<b>U.S. Civics</b>	Educational Development	<b>Wednesday</b>	<b>11:00pm-12:00pm</b>	MHWC Classroom	Ampha Mannorind
<b>Art Expressions</b>	Creative Development	<b>Wednesday</b>	<b>1:00-3:00pm</b>	MHWC Classroom	Jim O'Garey
<b>Stress Management &amp; Relaxation</b>	Adaptive Skills Training	<b>Thursday</b>	<b>11:00am-12:30pm</b>	MHWC/ Various Locations	Jaime Lloyd
<b>Emergency Preparedness</b>	Adaptive Skills Training & Physical Activity	<b>Thursday</b>	<b>1:30pm-3:00pm</b>	Various Locations	David McLean
<b>Cooking</b>	Independent Living Skills Training	<b>Friday</b>	<b>1:30pm-3:00pm</b>	MHWC Kitchen/Classroom	Ora Henderson
<b>Game Night</b>	Socialization & Community Integration	<b>Friday</b>	<b>3:30pm - 5:30pm</b>	MHWC Activities Room	Various DT Staff
<b>MHWC Weekly Support Groups</b>					
<b>Head's Up</b>	Adult TBI Survivors Peer Support Group	<b>Monday</b>	<b>5:00pm-6:30pm</b>	Making Headway @ 730 K Street	Peer Facilitated

**Additional Group Activities will be scheduled and participants will have an opportunity to attend. Some activities may include a small cost per person and all activities will be staff facilitated.**