

## MBRLC Weekly Schedule

Sunday	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00			
<b>BRC</b>					DRA			Making Connections														
<b>Monday</b>																						
<b>BRC</b>	Meditation		NAMI Connection			DRA			Men's				Best Supporter			Outsiders						
<b>CSRLC</b>			Greet		Motivation/Selfcare		Lunch on your own			Finding yourself		Free time										
<b>PSN</b>				Peer Support						Peer Support		Music Appreciation										
<b>Tuesday</b>																						
<b>CSRLC</b>			Greet		Walk/Wii		Lunch on your own			Peer Support			Free									
<b>HOPE</b>								Open Discussion		Recovery is Real												
<b>PSN</b>				Wellbeing		Open Discussion																
<b>PSN</b>				Peer Support						Journaling												
<b>Wednesday</b>																						
<b>BRC</b>	Spirituality		Community			DRA		Self esteem														
<b>CSRLC</b>				Nami Connections								Art Creativity		In the park/game		Free time						
<b>HOPE</b>								Open Discussion		Living in the world												
<b>PSN</b>				Sharing Interests		Open Discussion																
<b>PSN</b>				Peer Support			Relaxation															
<b>Thursday</b>																						
<b>BRC</b>	8 Dimensions of Wellness						DRA		Karaoke													
<b>HOPE</b>								Open Discussion		Art & Music												
<b>PSN</b>				Healing difficulties		Open Discussion																
<b>PSN</b>	Over 50 Support Group																					
<b>Friday</b>																						
<b>CSRLC</b>				Nami Connections								Building Connections		Social time								
<b>PSN</b>				Challenge w/ bulling							Mindfulness											
<b>Saturday</b>																						
<b>PSN</b>								Women's														

Hybrid	In person	Zoom only
--------	-----------	-----------

## MBRLC Weekly Schedule