

**COMMUNITY MISSION NIAGARA VISIONS PROS**  
**418-3<sup>rd</sup> St., Niagara Falls, NY 14302**  
**716-205-8708**

**APRIL, MAY, JUNE 2025**

Name: \_\_\_\_\_

Revised 3/28/25

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b> 9:15 – 10:00	1.Attachment Styles –W /BLST -Eric 3. Life Management Skills -W/BLST -Virginia  Meet with DPT	1. Daily Motivator -W/BLST-Carla M. 3. All About You -W/BLST -Sandie  Clinic: John Copas PNP, PROS Nurse Meet with DPT	1. Coping With Loneliness –W/BLST -Tish CPAC -1 <sup>st</sup> Wed. of every month -Com. Rm. 3. Dealing with Grief -W -Linda Meet with DPT	1. Let's Practice -W/BLST -Corey 3. Life Management Skills -W/BLST -Virginia Clinic: John Copas PNP Meet with DPT	1. Social Hour –BLST-Tish 3. Life Skills -W/BLST -Eric Meet with DPT
10:15 - 11:00	1. Better Spending –BFM –Corey 2. Diabetes -BLST -Carla M. 3. Life Skills -W/BLST -Tish Gardening -BLST -Carla L.	1. How To Make Friends -BLST -Corey AV Rm. Managing Difficult Emotions -W -Eric 3. Anxiety Management -W –Linda Upstairs - Art –W –Sandie	1. Intense Relapse Prevention –RP/W, -Linda 2. Getting Along With Difficult People -BLST/W -Iheide 3. Men's Group –W/BLST -Eric	1. Spirituality –BLST/W -Sandie 2. Don't Sweat the Small Stuff –W -Corey 3. Higher Thinking –W/BLST –Linda	*1. Intense Relapse Prevention - RP/W -Linda 3. Coping with Anger -W -Corey
11:15 - 12:00	1. Depression Mgt. –W -Linda 2. Smoking Reduction-W/IT -Corey Gardening -BLST -Carla L.	1. Tongue Fu -BLST -Eric 3. Meditation -W -Carla L. Upstairs -Art -W –Sandie	1. Daily Reflection –W –Carla L. AV Rm. Understanding Others –BLST –Eric 3.Think Your Way to Change -W -Sandie.	1. Queenology (Women's Group) -BLST/W -Sandie AV Rm. Substance Free –IT/W –Eric 3. Conversation Skills -BLST -Iheide	1. Recovery Discovery -W/BLST -Sandie 3. Healthier Me or Walk and Talk -BLST -Corey
Lunch 12:00 – 12:30		12:30 – 12:45 Meet with DPT			
<b>PM</b> 12:45 - 1:30	1. Stories to Inspire -BLST/W -Iheide 3. Better Small Talk -BLST -Eric	1.Music Connection -BLST/W -Iheide 3.My Medication -W -Corey	1. Empowerment -BLST/W -Iheide 3. Express It Through Art -W -Carla L.	1. Overthinking -Tips to Help You Stop -W/BLST –Eric 1. Compeer 2 <sup>nd</sup> Thursday 3. Calming Down -W -Carla L.	1. Better Thinking -W -Sandie Com. Rm. -Playing the Game –BLST -Carla L
1:45 – 2:30	1. Connecting With Others -BLST -Iheide. 3. Mindfulness -W -Tish	1. Self Acceptance -W/BLST -Iheide 3. Journaling -W/BLST –Carla L.	1. Communication Skills -BLST -Corey 3. Managing Disagreements -W/BLST -Sandie	1. Everyday Stressors -W -Linda 1. Compeer, 2 <sup>nd</sup> Thursday 3. Stop Procrastinating NOW! -W/BLST–Tish	

**Program Components:** P -Pre-Admission CRS –Community Rehab and Support IR –Intensive Rehab C -Clinic PHO -Participation Hours Only (not on IRP)

**Service Category Key:** A –Psychiatric Rehab Assessments BLST –Basic Living Skills Training BFM –Benefits and Financial Management CCM -Complex Care Management CCT –Clinical Counseling Therapy  
CLE -Community Living Exploration CI -Crisis Intervention E –Engagement CR -Cognitive Remediation FP –Family Psychoeducation GA -Goal Acquisition IRP –Individual Recovery Planning IT -Integrated  
Treatment for Co-Occurring Disorders PSS -Peer Support Services RP –Relapse Prevention SBSH –Skill Building for Self-Help SSDS –Structured Skill Development and Support WSM –Wellness Self-Management

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PROS Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_