



Psychosocial Rehabilitation Center (PSR) Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM-10:00AM	Stress Management Facilitator: Lauren		Stress Management Facilitator: Michele		Stress Management Facilitator: Michele
10:00AM-11:30AM	Goals Group Facilitators: Lauren & Ilene	Skills for Life *Physical Wellness 5 weeks 10:00AM - 12:30PM 2/14/2017 thru 3/14/2017	Goals Group Facilitators: Ilene & Michele	Creative Coping Facilitators: Michele & Ilene	Relationships Facilitators: Michele & Ilene
11:30AM-12:30PM	Feedback & Support Facilitators: Ilene & Lauren	Facilitators: Lauren & Ilene	Relapse Prevention Facilitators: Lauren & Ilene	Healthy Self-Concept Facilitators: Lauren & Ilene	Feedback & Support Facilitators: Ilene & Michele

PSR Coordinator - Michele McDonough Ext: 202; Client Care Advocate - Lauren Mathues Ext: 110; Recovery Specialist - Ilene Fortin
 Thrive Counseling Center / 120 S. Marion St., Oak Park, IL 60302 / 708-383-7500 / www.thrivecc.org

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