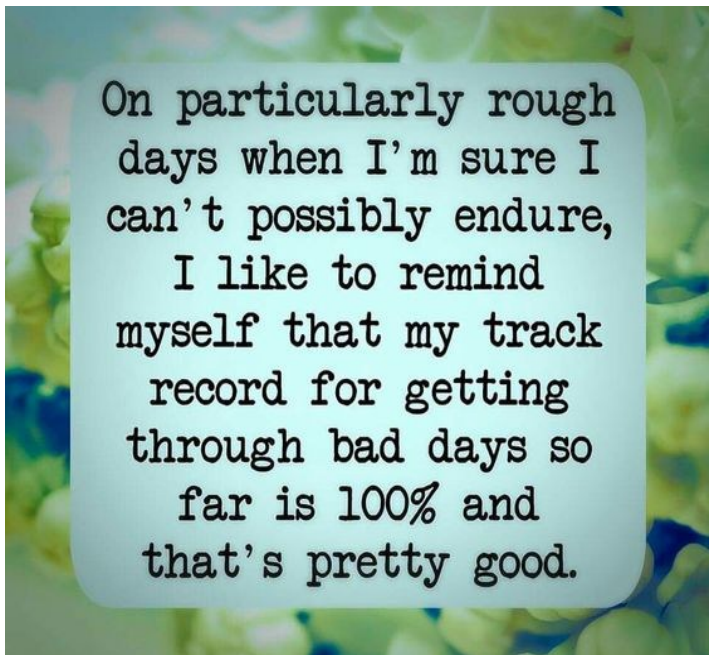


WEEKLY GROUPS

- **CBT** (Cognitive Behavioral Treatment)
- **Emotional Health Discussion**
- **IMR** (Illness Management & Recovery)
- **ITCD Support** (Integrated Treatment for Co-occurring Disorders)
- **Life Skills**
- **Living with Anxiety**
- **Nicotine Journey**



PSR CENTER NEWS

The center will now be closing at 12:00 pm each day.

Please note the change in time of the IMR and Living with Anxiety groups on Thursdays.

Shanna Behrens will be filling in as the PSR Coordinator until we hire for that position. Please reach out to her or Susan with any suggestions or concerns.

Liz Isherwood, our Community Support Team Supervisor, is now leading the Life Skills group on Fridays at 9:00am.

Nicotine Journey continues this month on Wednesdays at 9:00am. Hosted by Lesa and Lindsay, the focus of the group is to provide education about nicotine use and support for people as they consider the effects of their use.

Do you have a suggestion of something you would like to do at the center? Please share your thoughts with us in the Suggestion Box!

APRIL EVENTS

- April 1:** National Fun Day—Smile!
- April 15:** Tax Day
- April 20:** Easter Sunday
- April 22:** Earth Day, "Our Power, Our Planet"
- April 25:** Arbor Day—Hug a tree, or plant one!



Nyra Center Activity Calendar: April 2025

Mon	Tue	Wed	Thu	Fri
<p><u>NOTICE:</u> Nyra Center hours: 8:15a-12:00p, M-F</p>	<p>1 8:30 Morning Social</p> <p>9:00 CBT: Memories</p> <p>10:00 TED Talk: The psychology of your future self</p>	<p>2 8:30 Morning Social</p> <p>9:00 Nicotine Journey: Visualization</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>3 8:30 Morning Social</p> <p>9:00 IMR: Keeping supports</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: Gulliver's Travels</p>	<p>4 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Pool</p>
<p>7 8:30 Morning Social</p> <p>9:00 ITCD Support: Relapse justifications</p> <p>10:00 Grab-bag Activities</p>	<p>8 8:30 Morning Social</p> <p>9:00 CBT: Cravings-thought</p> <p>9:30 Basic First Aid, with Lesa H.</p> <p>10:00 TED Talk: The brain-changing benefits of exercise</p>	<p>9 8:30 Morning Social</p> <p>9:00 Nicotine Journey: Values/where to start</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>10 8:30 Morning Social</p> <p>9:00 IMR: Conversations</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: Mars Attacks</p>	<p>11 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Dominos</p>
<p>14 8:30 Morning Social</p> <p>9:00 ITCD Support: Taking care of yourself</p> <p>9:30 Consumer Advisory Council</p> <p>10:00 Grab-bag Activities</p>	<p>15 8:30 Morning Social</p> <p>9:00 CBT: Cravings-mindfulness</p> <p>10:00 TED Talk: How changing your story can change your life</p>	<p>16 8:30 Morning Social</p> <p>9:00 Nicotine Journey: Smart Goals/brain change</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>17 8:30 Morning Social</p> <p>9:00 IMR: Role of medication</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: Unstoppable</p>	<p>18 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Dealer's choice card game</p>
<p>21 8:30 Morning Social</p> <p>9:00 ITCD Support: Emotional Triggers</p> <p>10:00 Grab-bag Activities</p>	<p>22 8:30 Morning Social</p> <p>9:00 CBT: Cravings-4 Ds</p> <p>10:00 Community outing: Food Pantry</p>	<p>23 8:30 Morning Social</p> <p>9:00 Nicotine Journey: Triggers</p> <p>10:00 Emotional Health Discussion</p> <p>11:00 Bingo</p>	<p>24 8:30 Morning Social</p> <p>9:00 IMR: Kinds of medication</p> <p>9:30 Living with Anxiety</p> <p>10:00 Thursday Movie: Fallen (2016)</p>	<p>25 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>9:30 Tournament: Consumer choice/vote</p> <p>10:00 TED Talk: How to stay hopeful</p>
<p>28 8:30 Morning Social</p> <p>9:00 ITCD Support: Illness</p> <p>10:00 Grab-bag Activities</p>	<p>29 8:30 Morning Social</p> <p>9:00 CBT: What is CBT?</p> <p>10:00 TED Talk: Why we all need to practice emotional first aid</p>	<p>30 8:30 Morning Social</p> <p>9:00 Nicotine Journey: Cravings/Pack Wrap</p> <p>10:00 Emotional Health Discussion</p>	<p>Please note the change in times of the Thursday morning groups.</p>	