

Pasadena Villa[®]
OUTPATIENT CENTER

Raleigh

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Ready Set Goal	Ready Set Goal	Ready Set Goal	Ready Set Goal	Ready Set Goal
9:30	Break	Break	Break	Break	Break
9:45	Seeking Safety	Life Worth Living	Connections	Expressive Arts	Mindfulness
11:00	Therapeutic Yoga	I ♥ Me	NuLeaf		Emotions 101
12:15	Lunch	Lunch	Lunch	Lunch	Lunch
12:45	4 Health	Emotions 101	9-1-1	I ♥ Me	Transitions
1:45	Mindfulness	Transitions	Seeking Safety	4 Health	Weekend Review