



# CLASS SCHEDULE

January 2022

(revised 12/17/2021)

ACADEMIC		
LIFE SKILLS	SUBSTANCE ABUSE	GROUP THERAPY
WORK READINESS	SUPPORT GROUPS	WELLNESS/THERAPEUTIC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am-10:45am: <b>GOGI-Getting Out by Going In</b> (Classroom A)	9:30am-10:30am: <b>Morning Meditation</b> (Classroom A)	9:00am-11:00am: <b>Computer Skills Training</b> (Career Resource Center)	9:00am-12:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)	9:00am-12:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)
9:30am-10:45am: <b>The Four Agreements</b> (Classroom B)	9:30am-10:30am: <b>The 7 Habits</b> (Classroom B)	9:00am-12:00pm: <i>enrollment required</i> <b>Adult Ed High School</b> (Main St Learning Center)	9:00am-12:00pm: <i>enrollment required</i> <b>GED Prep</b> (Main St Learning Center & Zoom)	9:00am-3:00pm: <b>Study Hall</b> (Main St Learning Center)
9:00am-12:00pm: <i>enrollment required</i> <b>Adult Ed High School</b> (Main St Learning Center)	9:00am-12:00pm: <i>enrollment required</i> <b>GED Prep</b> (Main St Learning Center & Zoom)	9:00am-3:00pm: <b>Study Hall</b> (Main St Learning Center)	9:00am-3:00pm: <b>Study Hall</b> (Main St Learning Center)	9:30am-10:30am: <b>Getting to Know Yourself</b> (Classroom A)
9:00am-3:00pm: <b>Study Hall</b> (Main St Learning Center)	9:00am-12:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)	9:30am-10:30am: <b>Men's Group</b> (Classroom A)	9:15am-9:50am: <b>Yoga</b> (Turf)	9:30am-10:30am: <b>Homeboy Heals Recovery Group</b> (Classroom B)
9:30am-10:30am: <b>Cross Fit</b> (Turf)	9:00am-3:00pm: <b>Study Hall</b> (Main St Learning Center)	9:30am-10:30am: <b>Women's Group</b> (Classroom B)	9:30am-10:30am: <b>Mindfulness Meditation</b> (Classroom A)	9:30am-10:30am: <b>Strongman</b> (Turf)
10:00am-12:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)	10:30am-12:00pm: <b>Criminals &amp; Gang Members Anonymous</b> (Classrooms A & B)	10:30am-12:00pm: <b>Just For Today</b> (Classroom A)	9:30am-11:00am: <b>Women to Women in Recovery</b> (Classroom B)	10:30am-12:00pm: <b>Living In Balance</b> (Classroom A)
11:00am-12:00pm: <b>Pathways to College</b> (Classroom A)	11:00am-12:00pm: <b>Cross Fit</b> (Turf)	11:00am-12:00pm: <b>Cross Fit</b> (Turf)	10:03am-11:30am: <b>Olympic Lifting</b> (Turf)	10:30am-12:00pm: <i>enrollment required</i> <b>Women Over Violence (POV)</b> (Classroom B)
11:00am-1:00pm: <i>enrollment required</i> <b>DV Batterer Intervention for Men</b> (Classroom B)	12:00pm-1:00pm: <i>enrollment required</i> <b>Anger Management</b> (community clients only) (Classroom B)	11:00am-12:00pm: <i>enrollment required</i> <b>Baby Talk (1<sup>st</sup> Wed) **12/1 only**</b> (Group Therapy)	10:30am-12:00pm: <b>Homeboy 101</b> (Classroom A)	1:00pm-2:00pm: <b>Art Class Open Studio</b> (Classroom A)
1:00pm-2:00pm: <b>Alcoholics Anonymous</b> (Classroom A)	1:00pm-2:00pm: <b>Healthy Relationships</b> (Classroom A)	11:00am-12:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)	11:00am-1:00pm: <i>enrollment required</i> <b>DV Batterer Intervention for Men</b> (Classroom B)	1:00pm-3:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)
1:00pm-2:00pm: *reserved* <b>Staff Training: Trauma Information</b> (Classroom B)	1:00pm-2:00pm: <b>Act It Out/Anger Management</b> (Classroom B)	11:00am-12:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)	1:00pm-2:00pm: <b>Beyond Substance Abuse</b> (Classroom A)	<div style="border: 1px solid black; padding: 5px;"> <p><b>**PLEASE NOTE**</b> Classrooms A &amp; B reserved for DMH training on Wednesday 1/26 from 9:30am-1:00pm and Thursday 1/27 from 9:30am-1:00pm.</p> </div>
1:00pm-3:00pm: <b>Job Search Support</b> (Career Resource Center)	2:00pm-3:00pm: <b>Staying Connected</b> (Classroom A)	11:00am-1:00pm: <i>enrollment required</i> <b>DV Batterer Intervention for Women</b> (Classroom B)	1:00pm-2:00pm: <i>enrollment required</i> <b>Project Fatherhood</b> (Classroom B)	
1:00pm-3:00pm: <b>Drop-In Tutoring</b> (Main St Learning Center)	2:00pm-3:00pm: <i>enrollment required</i> <b>Breakthrough Parenting</b> (Classroom B)	1:00pm-2:00pm: <b>Success Stories for Men</b> (Solar Panel Information Session *1/5 only*) (Classroom B)	1:00pm-3:00pm: <b>Job Search Support</b> (Career Resource Center)	
2:00pm-3:00pm: <i>enrollment required</i> <b>Breakthrough Parenting</b> (Classroom B)		1:00pm-3:00pm: <b>Drop-In Tutoring</b> (Main St Learning Center)	2:00pm-3:00pm: <b>Staying Connected</b> (Classroom A)	
2:00pm-3:00pm: <b>The Transformational Mindset Workshop</b> (Classroom A)		2:00pm-3:00pm: <b>Career Resource Center Open Hours</b> (Career Resource Center)	2:00pm-3:00pm: <b>Health Topics (KECK Med School)</b> (Classroom B)	
		2:00pm-3:00pm: <b>Anger Management</b> (Classroom A)		
		2:00pm-3:00pm: <b>Substance Abuse Group</b> (1 <sup>st</sup> Street Site)		

# ***Enrollment required for the following classes:***

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## **DV Batterer Intervention** *(must be court-mandated)*

= enroll with Christy in Educational Services, 2<sup>nd</sup> Floor, ext. 334 =

## **Anger Management**

= enroll with Christy in Educational Services, 2<sup>nd</sup> Floor, ext. 334 =

## **Parenting / Project Fatherhood**

= enroll with Evan in Educational Services, 2<sup>nd</sup> Floor, ext. 309 =

## **GED / Adult Education HS Diploma**

= enroll with Laura in Educational Services, Main St, ext. 424 =

## **Pathways to College**

= enroll with Brittany in Educational Services, Main St, ext. 360 =

## **Substance Abuse**

= enroll with Heidi or Emily in Substance Abuse office, 1<sup>st</sup> Floor, ext. 307 =

***Please enroll before attending your first class.***