

Jackson REC Weekly Schedule

June 4, 2018 — August 17, 2018

MONDAY	
Pathways to Recovery	9:30-11:00
Whole Health Action Management (WHAM) & Chronic Pain	11:15-12:45
Healthy Boundaries	1:00-2:30
Trauma & Resiliency	2:45-4:15
TUESDAY	
Assert Yourself!	10:30-12:00
Improving Self Esteem	12:15-1:45
Positive Psychology	2:00-3:30
Seeking Safety	3:45-5:15
WEDNESDAY	
Effective Relationships	9:15-10:45
Toxic Temperaments	11:00-12:30
Parenting with Love & Logice	12:45-2:15
Give Yourself A Break	2:30-4:00
THURSDAY	
Managing Anxiety	9:15-10:45
Art of Emotions	11:00-12:30
WRAP	12:45-2:45
Knitting, Crochet, & Crafts	3:00-4:30
Recovery Discovery	5:30-7:00
FRIDAY	
Living In Balance	9:15-10:45
Self Compassion	11:00-12:30
Lifestyles for Wellness	12:45-2:15
Wise Mind	2:30-4:00

STUDENT LOUNGE/MEDIA HOURS: 8:30 - 5:00

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