



402 Campbell Avenue SW
 Roanoke, VA 24016
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 www.RoanokeResource.com

Roanoke Resource PSR Calendar: October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key: E/W: Expressive Writing S/R: Social Recreational P/S: Peer Support S/S: Social Skills T/A: Therapeutic Art	H/N: Health & Nutrition ILS: Independent Living Skills C/I: Community Integration K/S: Kitchen Skills	Daily Schedule: 7:30-8:30: Coffee House/Check-in 11:15-11:45: Lunch 12:00-1:00: House Cleanup				1
2	3	4 8:30-9:30 P/S: Depression/Anxiety 9:45-10:45 T/A: Motivational Collage	5	6 8:30-9:30 S/R: Game Day	7	8
9	10	11 8:30-9:30 P/S: Weekend Check-in 9:45-10:45 H/N: Food Group Challenge	12	13 8:30-9:30 S/S: Self-Worth/Confidence 9:45-10:45 ILS: Kitchen Safety	14	15
16	17	18 8:30-9:30 P/S: The Power in Saying No 9:45-10:45 T/A: Healing Through Art (Painting)	19	20 8:30-9:30 S/S: Offering Advice 9:45-10:45 E/W: What Would You Bring For A Camping Trip?	21	22
23/30	24/31	25 8:30-9:30 P/S: Self-Stigma 9:45-10:45 H/N: Sleep Difficulty	26	27 S/R: A Spook-tacular Shin-Dig!	28	29