

**Jackson Recovery Education Center
Fall 2010 Semester Schedule
August 16 - October 29, 2010**

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 AM	REC Hours 8:30 - 5:00	REC Late Day Hours 8:30 - 7:30	REC Hours 8:30 - 5:00	REC Late Day Hours 8:30 - 7:30	REC Hours 8:30 - 5:00	
9:30 AM						
10:00 AM	WRAP 10:00 - 12:00 Lyn & Marilyn	Parenting with Love and Logic 10:00 - 12:00 Marilyn	Lifestyles Practicum 10:00 - 12:00 Lyn	Emotional Life 10:00 - 12:00 Tabitha/Staff	Wellness Management & Recovery (Recovery 101) 10:00 - 12:00 Lyn	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Lunch Buddies 12:00 - 1:00 Staff	Workshops: Topics TBA weekly Staff	Lunch Buddies 12:00 - 1:00 Staff	Seminar (Topics TBA) 12:00 - 1:00 Staff	Seminar (Topics TBA) 12:00 - 1:00 Staff	
12:30 PM						
1:00 PM	Art of Emotions (CET) 1:00 - 3:00 Tabitha/Amy	Creativity Workshops 1:00 - 3:00 Lyn	Lifestyles for Wellness 1:00 - 3:00 Lyn	Wise Mind (DBT) 1:00 - 3:00 Staff	Seeking Safety 1:00 - 3:00 Lyn/Staff	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Community Table Dinner 4:00 - 5:00 Marilyn	Community Table Dinner 4:00 - 5:00 Lyn	Living In Balance 3:00 - 5:00 Staff	Wise Mind (DBT) Practicum: Meditation 4:00 - 5:00 Lyn	Community Table Dinner 4:00 - 5:00 Marilyn	Community Table Dinner 4:00 - 5:00 Lyn
4:30 PM						
5:00 PM		Recovery Discovery 5:30 - 7:30 Tabitha/Staff		WRAP 5:30 - 7:30 Marilyn & Lyn		
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						

REC Staff will be available for make-up classes, enrollment, walk-ins and limited individual work, etc. Please make appointments whenever possible.



Transportation may be available on a case-by-case basis - see REC staff for information.