**PSR Weekly schedule of sessions/activities:**

**4 hours groups**

**Week 1**

**Monday:**

**Group 1: Independent living skills / Personal hygiene**

Group Facilitator’s Intervention/ Activity Provided: Facilitator introduced the topic of personal hygiene. Clients were encouraged to list their hygiene habits (bathing, handwashing, oral care, toileting, nail care, grooming, change of clothing, combing hair, etc.). Facilitator reinforced to clients the benefits of having good personal hygiene.

**Group 2: Communication Skills / The communication process**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated clients in the process of human communication using a PowerPoint presentation. Clients discussed the importance of effective communication to try to understand each other, relate, get what we need or what we want, and express what we are.

**Group 3: Self Esteem enhancement/ The Mirror exercise**

Group Facilitator’s Intervention/ Activity Provided: Facilitator introduced to clients the concept of self-esteem. Clients were encouraged to participate in the Mirror exercise to help clients to identify and to build on strengths. Clients expressed positive statements about themselves.

**Group 4: Healthy Living / HTN prevention and control**

Group Facilitator’s Intervention/ Activity Provided: Facilitator presented to clients an instructional slide presentation about high blood pressure risks/symptoms awareness/prevention. Clients discussed the importance of becoming more knowledgeable about these conditions to prevent and/or avoid complications of them.

**Tuesday:**

**Group 1: Community Awareness/ Importance of developing/using a support system**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated client on the importance of using a support system by opening a discussion forum. Clients discussed in formal and informal ways to be provided with support.

**Group 2: Coping Skills/ Stress management**

Group Facilitator’s Intervention/ Activity Provided: Facilitator taught clients the different ways to cope with stress by displaying a PowerPoint presentation. Clients recognized the importance of using the coping skills presented to counteract the effects of daily life stressors on their mental wellbeing.

**Group 3: Decision making/ Increasing the ability to make decisions**

Group Facilitator’s Intervention/ Activity Provided: Facilitator instructed clients on how to increase their ability to make decisions using a PowerPoint presentation. Clients shared positive and negative personal experiences at the time of making decisions along with their lives.

**Group 4: Alternative Mental Wellbeing / Deep breathing**

Group Facilitator’s Intervention/ Activity Provided: Facilitator practiced with clients the deep breathing relaxation technique. The benefits of using this relaxation technique in dealing with anxiety and stress were discussed.

**Wednesday:**

**Group 1: Mental Health Symptoms Management/ Benefits of the psychiatric follow-up**

Group Facilitator’s Intervention/ Activity Provided: Facilitator instructed clients on the importance of the psychiatric follow-up for the mental illness symptoms control. Clients debated its role on the path to recovery and well-being.

**Group 2: Relapse prevention/ Recognition of early signs of a relapse**

Group Facilitator’s Intervention/ Activity Provided: Facilitator helped clients to identify early warning signs about to experience a relapse of her mental illness. Clients discussed in their previous experiences related to awareness and recognition of such symptoms.

**Group 3: Problem Solving/ Asking for help**

Group Facilitator’s Intervention/ Activity Provided: Facilitator instructed clients about the need of asking for help if needed. Clients identified their needs and expressed them in an effective manner.

**Group 4: Cognitive Remediation/ Introduction to Cognitive Remediation**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated clients about the cognitive changes caused by mental illness and about the possibility of restoring the cognitive function by utilizing the cognitive stimulation. Client shared different activities they perform to exercise the brain.

**Thursday:**

**Group 1: Leisure skills/ Arts & Crafts**

Group Facilitator’s Intervention/ Activity Provided: Facilitator engaged clients in drawing/coloring different projects using colored pencils/crayons. Clients were instructed on how art helps individuals express a full range of feelings.

**Group 2: Community Inclusion**/ **Becoming a US citizen**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated clients on the importance of becoming a US citizen. Clients were guided and demonstrated their understanding the process of applying for U.S. citizenship.

**Group 3: Social Skills/ Enhancing your social life**

Group Facilitator’s Intervention/ Activity Provided: Facilitator discussed with clients the importance of enhancing their social life for recovery and mental wellbeing. Clients recognized personal limitations in developing a social life.

**Group 4: Social gathering/ Community Meeting**

Group Facilitator’s Intervention/ Activity Provided: Facilitator invited clients to participate in a Community Meeting and encouraged clients to comment on the progress made during the week and to offer suggestions for future group topics/activities.