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

**4 hours groups**

**Week 2**

**Monday:**

**Group 1: Independent living skills/Grooming/Dressing skills**

Group Facilitator’s Intervention/ Activity Provided: Facilitator introduced the topic of grooming/dressing skills and worked with clients in the creation of a weekly schedule for performing personal care.

**Group 2: Communication Skills / Active listening**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated clients on how to practice active listening. Clients practiced role play in groups of four with one making assertive position statements, another using active listening, and the other two coaching and giving feedback.

**Group 3: Self Esteem enhancement / Core beliefs**

Group Facilitator’s Intervention/ Activity Provided: Facilitator instructed clients about the concept of core beliefs utilizing a worksheet and encouraged clients in how to express in their main core beliefs.

**Group 4: Healthy Living / Managing medications /Medication list**

Group Facilitator’s Intervention/ Activity Provided: Facilitator engaged clients in making a list of the medications they were taking. Clients discussed in the convenience of knowing the medications prescribed as well as their dosage and administration.

**Tuesday:**

**Group 1: Community Awareness /** **Case management services**

Group Facilitator’s Intervention/ Activity Provided: Facilitator explored on client’s ability to utilize case management services appropriately. Clients were guided to recognize in availability and limitations of this community service.

**Group 2: Coping Skills/ Coping skills to counteract lack of assertiveness**

Group Facilitator’s Intervention/ Activity Provided: Facilitator displayed a Power Point slide presentation about how to express feelings and needs assertively. Clients discussed in different strategies in dealing with lack of assertiveness.

**Group 3: Decision making / Evaluating Your Options**

Group Facilitator’s Intervention/ Activity Provided: Facilitator instructed clients on how to increase the ability to make decisions by emphasizing in the importance of evaluating options, as the first step to arrive to a decision.

**Group 4: Alternative Mental Wellbeing / Visual imagery**

Group Facilitator’s Intervention/ Activity Provided: Facilitator guided clients to practice visual imagery. Benefits in dealing with anxiety and stress were discussed.

**Wednesday:**

**Group 1: Symptoms Management / Managing symptoms of depression**

Group Facilitator’s Intervention/ Activity Provided: Facilitator instructed clients in the depression cycle and in different coping skills to counteract depression. Clients expressed in failed/successful strategies used to cope with depression.

**Group 2: Relapse prevention/ Creating a relapse prevention plan**

Group Facilitator’s Intervention/ Activity Provided: Facilitator helped clients to create a relapse prevention by using a worksheet that lists coping skills, personal resources and social support. Clients discussed in the importance of review this plan periodically to avoid a relapse of the mental health symptoms.

**Group 3: Problem Solving / Four steps problem solving process**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated clients in the four steps problem solving process using a chart. Clients were assisted in identifying options to solve problems.

**Group 4: Cognitive Remediation / Cognitive exercising / Jigsaw puzzle**

Group Facilitator’s Intervention/ Activity Provided: Facilitator engaged clients into resolve a puzzle. Clients discussed about how jigsaw puzzles recruits multiple cognitive abilities and is a protective factor for visuospatial cognitive aging.

**Thursday:**

**Group 1: Leisure skills/ Book Club / Presentation and discussion of a book**

Group Facilitator’s Intervention/ Activity Provided: Facilitator initiated clients into a book club, and guided clients through recognizing how the book discussion promotes intelligent conversations, values recognition and a better interaction among group members. ( <https://www.youtube.com/watch?v=t0aez1AVeqs>)

**Group 2: Community inclusion**/ **Becoming English language proficient**

Group Facilitator’s Intervention/ Activity Provided: Facilitator guided clients to recognize the importance of acquiring English language proficiency. Clients discussed about different ways (physical/virtual) they can improve their basic English language proficiency.

**Group 3: Social Skills / Ways of effective interaction with others**

Group Facilitator’s Intervention/ Activity Provided: Facilitator presented a Power Point about interpersonal communication skills. Clients identified and discussed in ways of effective interaction with others.

**Group 4: Social gathering / Sharing joyful memories of a lifetime**

Group Facilitator’s Intervention/ Activity Provided: Facilitator encouraged clients to share their joyful moments during the past year. Clients were praised and reinforced in their purposes and goals by the time of participating in an activity that develop sharing, positive values and socialization.