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

**4 hours groups**

**Week 3**

**Monday:**

**Group 1: Independent living skills/ Maintenance of the living environment**

Group Facilitator’s Intervention/ Activity Provided: Facilitator introduced the topic of maintenance of the living environment and engaged clients in a chart confection to demonstrate for clients the feasibility of accomplishing the different household tasks.

**Group 2: Communication Skills / Assertive communication**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated clients on how to practice assertive communication using a communication tips worksheet. Clients discussed the benefits of being assertive when talking to others.

**Group 3: Self Esteem enhancement / Identifying triggers of low self-esteem**

Group Facilitator’s Intervention/ Activity Provided: Facilitator helped clients to identify triggers of low self-esteem. Clients expressed in different facts/situations that make them feel underestimated.

**Group 4: Healthy Living / Cardiovascular diseases prevention and control**

Group Facilitator’s Intervention/ Activity Provided: Facilitator presented to clients a Power Point slide presentation about cardiovascular diseases risks/symptoms awareness/prevention. Clients discussed the importance of becoming more knowledgeable about these conditions to prevent and/or to avoid complications of them.

**Tuesday:**

**Group 1: Community Awareness /** **Ability to procure needed public services-Social Security Administration benefits**

Group Facilitator’s Intervention/ Activity Provided: Facilitator explored on client’s ability to procure needed public services. Clients expressed their understanding of entitlements and benefits of SSA Department.

**Group 2: Coping Skills / Coping skills to counteract memory problems**

Group Facilitator’s Intervention/ Activity Provided: Facilitator displayed a Power Point presentation about memory problems. Client discussed in effective strategies to enhance their memory skills.

**Group 3: Decision making / Evaluating Your Options 2**

Group Facilitator’s Intervention/ Activity Provided: Facilitator instructed clients on how to evaluate different options while making decisions. Clients discussed the importance of considering personal values, options and risks before making a decision.

**Group 4: Alternative Mental Wellbeing / Progressive muscle relaxation**

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

**Wednesday:**

**Group 1: Mental Health Symptoms Management / Understanding the psychotropic medication**

Group Facilitator’s Intervention/ Activity Provided: Facilitator displayed a presentation about psychotropic medication. Clients were taught in the different types and uses, as well as in their adverse effects.

**Group 2: Relapse prevention / Challenging negative thoughts**

Group Facilitator’s Intervention/ Activity Provided: Facilitator teach clients to recognize and dismantle their negative thoughts using a CBT worksheet. Clients were guided to acknowledge that associated with mental illness, these thoughts are often irrational and harmful.

**Group 3: Problem Solving / Past problem-solving strategies**

Group Facilitator’s Intervention/ Activity Provided: Facilitator educated client in the use of past solving strategies. How can past strategies be implemented in current situations if they had been beneficial in the past.

**Group 4: Cognitive Remediation / Cognitive exercising / Crossword completion**

Group Facilitator’s Intervention/ Activity Provided: Facilitator engaged clients into resolve a crossword. Clients discussed in the benefits of using crosswords to improve attention and concentration, language comprehension and reasoning.

**Thursday:**

**Group 1: Leisure skills/ Virtual trip / Washington, DC**

Group Facilitator’s Intervention/ Activity Provided: Facilitator guided clients through a virtual trip to Washington, DC. Clients recognized in how the virtual trip contributed to enhance their cultural and cognitive abilities and can be used as a way of leisure.

**Group 2: Community inclusion**/ **Becoming digital technology proficient**

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

**Group 3: Social Skills / Healthy and unhealthy manners of talking**

Group Facilitator’s Intervention/ Activity Provided: Facilitator encouraged clients to share their own experience about healthy and unhealthy manners of talking.

**Group 4: Social gathering / Team working / Room therapy decoration**

Group Facilitator’s Intervention/ Activity Provided: Facilitator engaged clients into the therapy room decoration, allowing clients to participate in a project that requires team working, creativity and socialization.