

ART Group Calendar

ART Topic	Date of Lesson	Day of Week	Time of Group
SST/MRT Session 1: Making a Complaint/ Jim's Problem Situation	August 5 th	Monday	6:00pm-8:00pm
MRT/ACT Session 2: Jim's Problem/ABC's of Anger	August 7 th	Wednesday	6:00pm-8:00pm
SST/MRT Session 3: Understanding the Feelings of Others/Jerry's Problem Situation	August 12 th	Monday	6:00pm-8:00pm
MRT/ACT Session 4: Jerry's Problem/ Hassle Log and Triggers	August 14 th	Wednesday	6:00pm-8:00pm
SST/MRT Session 5: Getting Ready for a Difficult Conversation/ Mark's Problem Situation	August 19 th	Monday	6:00pm-8:00pm
MRT/ACT Session 6: Mark's Problem/ Cues and Anger Reducers	August 21 st	Wednesday	6:00pm-8:00pm
SST/MRT Session 7: Dealing with Someone Else's Anger/ George's Problem Situation	August 26 th	Monday	6:00pm-8:00pm
MRT/ACT Session 8: George's Problem/ Reminders	August 28 th	Wednesday	6:00pm-8:00pm
SST/MRT Session 9: Helping Others/ Sam's Problem Situation	September 2 nd	Monday	6:00pm-8:00pm
MRT/ACT Session 10: Sam's Problem/ Thinking Ahead	September 4 th	Wednesday	6:00pm-8:00pm
SST/MRT Session 11: Keeping out of Fights/ Leon's Problem Situation	September 9 th	Monday	6:00pm-8:00pm
MRT/ACT Session 12: Leon's Problem/ Self-Evaluation	September 11 th	Wednesday	6:00pm-8:00pm
SST/MRT Session 13: Dealing with an Accusation/ Reggie's Problem Situation	September 16 th	Monday	6:00pm-8:00pm
MRT/ACT Session 14: Reggie's Problem/ Angry Behavior Cycle	September 18 th	Wednesday	6:00pm-8:00pm
SST/MRT Session 15: Dealing with Group Pressure/ Alonzo's Problem Situation	September 23 rd	Monday	6:00pm-8:00pm
MRT/ACT Session 16: Alonzo's Problem/ Using a Social Skill and Rehearsal of Full Anger Control Chain	September 25 th	Wednesday	6:00pm-8:00pm
SST/MRT Session 17: Expressing Affection/ Juan's Problem Situation	September 30 th	Monday	6:00pm-8:00pm
MRT/ACT Session 18: Juan's Problem/ Rehearsal of Full Anger Control Chain	October 2 nd	Wednesday	6:00pm-8:00pm
SST/MRT Session 19: Responding to Failure/ Antonio's Problem Situation	October 7 th	Monday	6:00pm-8:00pm
MRT/ACT Session 20: Antonio's Problem/ Overall Review and Rehearsal of Full Anger Control Chain	October 9 th	Wednesday	6:00pm-8:00pm