

BETTER MORNING

CHOOSE TO SHINE

ADULT DAY REHABILITATION PROGRAM

ADRP | Practical skills. Supportive community. Forward momentum.

NEXT COHORT STARTS SEPTEMBER 1, 2026

● VIRTUAL ORIENTATION AUG 19: 11 AM & 4:30 PM

| AUG 21: 10 AM & 4 PM

BUILD SKILLS FOR EVERYDAY LIFE AND RECOVERY

A structured, recovery-focused group experience for adults working toward greater independence, improved functioning, and meaningful personal goals.

WHAT YOU'LL WORK ON

- + Emotional wellness**
Understand emotions, thoughts, behaviors, and healthy coping.
- + Trauma and resilience**
Explore trauma responses, distress tolerance, and recovery tools.
- + Relationships**
Practice communication, boundaries, problem-solving, and connection.
- + Independent living**
Strengthen money management, self-care, sleep, and daily habits.
- + Work and purpose**
Build resume, interview, motivation, and goal-setting skills.

PROGRAM AT A GLANCE

12 WEEKS

Focused curriculum tailored to rehabilitation goals

IN PERSON

Attend 3 days per week; choose the days and curriculum topics that fit your needs

VIRTUAL DAYS

Busy schedule? Join virtually Monday, Wednesday, or Friday

MORNING

Virtual session: 10 AM - 12 noon

AFTERNOON

Virtual session: 3 PM - 5 PM

WHO IS IT FOR?

Adults who may benefit from structured support with mental health recovery, daily living, social connection, coping skills, and community participation.

READY TO TAKE THE NEXT STEP?

Referrals are welcome. Contact the ADRP team to ask questions or begin.

PROGRAM MANAGER

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ON-SITE PROGRAM COORDINATOR

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Program participation is based on referral, clinical appropriateness, and cohort availability.