

The Ark's Intensive Day Program

3525 W. Peterson Ave., Suite 215, Chicago, IL 60659

IDP hosts daily community programming to promote acceptance, self-direction, and well-being for any adult facing mental and physical health challenges.

MONDAY - FRIDAY

9 - 9:30 AM

Morning Drop-In (Hybrid: In-Person and Conference Line)

Drop in and enjoy a cup of coffee and a continental-style breakfast with our community and staff!

MONDAY

11 AM - 12 PM

Poetry (Hybrid)

Grow, heal, and experience community through therapeutic discussions of poems by you and your favorite writers.

12 - 1 PM

Guitar Lessons

Join the Old Town School of Folk Music's guitar classes for beginners featuring traditional and popular music styles.

1 - 2 PM

Enchanted Hour

Foster comfort in shared spaces through a silent, sensory environment with calming group activities like drawing, painting, collaging, and music.

2 - 3 PM

Current Events (Hybrid)

Engage in thoughtful dialogue over the issues of our time.

TUESDAY

11 AM - 12 PM

Film Group

Delve into the imagery, plot, and music of cinema to better understand our relationships and sense of self.

12 - 1 PM

Dance Therapy

Explore the mind-body connection by learning new ways to communicate through movement and dance.

1 - 2:30 PM

Crafting Club

Mingle and design works of art at your own pace with expert guidance available throughout the creative process.

1:15 - 2:15 PM

Rabbi's Class (Hybrid) | 2914 W. Devon

Study the psychological themes of the Parsha at Congregation Young Israel.

WEDNESDAY

11 AM - 12 PM

Art Therapy

Express your creative identity and practice communication skills through various forms of art media and group analysis.

12 - 1 PM

Music Therapy

Enjoy the restorative properties of melody and mindfulness with our music therapy group. Sit back or try a variety of instruments in a welcoming environment.

1:15 - 2:15 PM

Rabbi's Class (Hybrid) | 2914 W. Devon

THURSDAY

10 - 11 AM

Women's Group

Feel heard, valued, and connected in a safe space for women where you can share your weekly experiences.

11 AM - 12 PM

Growth Through Drama

Reflect on inner experiences and build interpersonal skills by stepping into the world of theater through role-play, improvisation, and acting.

12 - 1 PM

Wise Aging for All Ages

Explore themes of loss, acceptance, spirituality, change, and growing older through meditation, mindfulness, journaling, and group discussion.

1:15 - 2:15 PM

Rabbi's Class (Hybrid) | 2914 W. Devon

FRIDAY

12 - 1 PM

Good Shabbos Group (Hybrid)

Wrap up your week and get ready for Shabbos as we discuss the weekly Parsha and seasons of Jewish life.

To participate or find out more,
call 773-681-8973 or email
szeisel@arkchicago.org.



Anchored in Empathy.
Powered by Community.