

# STAR EAST GROUP SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 – 9:00 am	<ol style="list-style-type: none"> <li>Gardening - Don</li> <li>Better days - Jill</li> </ol>	<ol style="list-style-type: none"> <li>Self-help- Jill</li> <li>Nutrition- Jeff</li> </ol>	<ol style="list-style-type: none"> <li>BINGO- Jill</li> <li>BINGO- Christina</li> </ol>	<ol style="list-style-type: none"> <li>Gardening- Don</li> <li>Automatic Negative Thoughts- Jill</li> </ol>	<ol style="list-style-type: none"> <li>Meditation- Christina</li> <li>Positive Thinking- Jill</li> </ol>	
9:00 – 9:30 am	MORNING MEETING	MORNING MEETING	MORNING MEETING	MORNING MEETING	MORNING MEETING	
9:30 – 10:15 am	<ol style="list-style-type: none"> <li>Advanced Anger Mgmt- Ammon</li> <li>Instructional Art- Roberto</li> <li>Ability 360 Fitness- Christina</li> <li>Money Management- Jimmy</li> </ol>	<ol style="list-style-type: none"> <li>Instructional Art- Roberto</li> <li>Personal shopping Outing- John</li> <li>Spirituality- Jimmy</li> <li>8 Dimensions of Wellness</li> </ol>	<ol style="list-style-type: none"> <li>Open Art Studio</li> <li>Dealing with Depression</li> <li>Ability 360 Fitness</li> <li>Budgeting outing</li> </ol>	<ol style="list-style-type: none"> <li>How to Organize- Eden</li> <li>Art Field Trip- Roberto</li> <li>Library Outing- John</li> <li>Journaling- Phobie</li> <li>Advanced Anger management- Ammon</li> </ol>	<ol style="list-style-type: none"> <li>Cooking Class- Butch</li> <li>Open Art studio- Roberto</li> <li>Overcoming Anxiety- John</li> <li>Time management- Phobie</li> </ol>	
10:30-11:15 am	<ol style="list-style-type: none"> <li>Instructional Art-Roberto</li> <li>Anxiety- Sarah</li> <li>Relapse Prevention- Phobie</li> <li>Communication skills- Melissa</li> <li>Bowling -Don</li> </ol>	<ol style="list-style-type: none"> <li>Making Friends- Eden</li> <li>Instructional Art-Roberto</li> <li>Resources- Phobie</li> <li>Avoiding Isolation- Sarah</li> <li>Active Community Outing</li> </ol>	<ol style="list-style-type: none"> <li>Resilience- Sarah</li> <li>Mid-week check in- Don</li> <li>Direct service support- Staff</li> </ol>	<ol style="list-style-type: none"> <li>Social interactions- Christina</li> <li>Instructional Art- Roberto</li> <li>Social skills development- Jimmy</li> <li>Laughter- Don</li> </ol>	<ol style="list-style-type: none"> <li>Active Community Outing-Eden</li> <li>Open Art studio- Roberto</li> <li>Conflict Resolution- Melissa</li> <li>Building Self-Esteem- Don</li> </ol>	
11:30 – 12:15 pm	<ol style="list-style-type: none"> <li>Self-Advocacy- John</li> <li>Grief and Loss- Sarah</li> <li>Young Adult Group- Jen</li> <li>Positive Coping skills- Phobie</li> <li>Relationships and Boundaries- Jimmy</li> </ol>	<ol style="list-style-type: none"> <li>Direct service support- Eden</li> <li>Food handlers- Jeff</li> <li>Meditation- Jimmy</li> <li>Anger Management</li> <li>Behavioral Health Ed- Sarah</li> </ol>	<ol style="list-style-type: none"> <li>Men's Talk- Don</li> <li>Women's Talk- Eden</li> <li>Music Appreciation- Sarah</li> <li>Positive affirmations- Phobie</li> </ol>	<ol style="list-style-type: none"> <li>Stress Management- John</li> <li>Self-harm Reduction- Eden</li> <li>Building Self-esteem- Jimmy</li> <li>Symptom Management- Phobie</li> </ol>	<ol style="list-style-type: none"> <li>Game / Technology- Josias</li> <li>Weekend Planning- Don</li> <li>Action Planning- John</li> <li>How to say NO- Melissa</li> </ol>	
12:30 -1:15 pm	LUNCH/CHORES	LUNCH/CHORES	LUNCH/CHORES	LUNCH/CHORES	LUNCH/CHORES	LUNCH/CHORES
1:30 – 2:15 pm	<ol style="list-style-type: none"> <li>Action Planning- John</li> <li>Share your Story- Sarah</li> </ol>	<ol style="list-style-type: none"> <li>Stress management- Phobie</li> <li>Focus and Concentration- Jimmy</li> </ol>	<ol style="list-style-type: none"> <li>Open Discussion- John</li> <li>Direct Service support- Jimmy</li> </ol>	<ol style="list-style-type: none"> <li>Clothing Share- Eden</li> <li>Direct service support</li> </ol>	<ol style="list-style-type: none"> <li>Food Share- Eden</li> <li>Direct service support- Staff</li> </ol>	
2:30 – 3:15 pm	<ol style="list-style-type: none"> <li>Making and Keeping Friends- Laure</li> </ol>	<ol style="list-style-type: none"> <li>Dealing with Addiction- Laure</li> </ol>	<ol style="list-style-type: none"> <li>Meditation- Laure</li> </ol>	<ol style="list-style-type: none"> <li>Rational Decisions- Laure</li> <li>Direct service support</li> </ol>	<ol style="list-style-type: none"> <li>Direct service support- Staff</li> </ol>	CLOSE AT 2:00

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<b>3:30 – 4:15 pm</b>		1. Instructional Art- Eden	1. Instructional Art- Eden	1. Direct service support- Eden	CLOSE AT 3:30	
<b>4:30 – 5:15 pm</b>	1. Ability 360 Fitness Outing- Jimmy	1. Active Community Outing- Laure	1. Budget Outing- Jimmy	1. Active Community Outing- Laure		
<b>5:30 – 6:00 pm</b>	DINNER/CHORES	DINNER/CHORES	DINNER/CHORES	DINNER/CHORES		
<b>6:00 – 6:30 pm</b>	1. Direct service support- Laure	1. Direct service support- Jimmy	1. Direct service support- Laure	1. Direct service support- Jimmy		
<b>6:30 – 7:30 pm</b>	CLOSE AT 6:30	CLOSE AT 6:30	CLOSE AT 6:30	CLOSE AT 6:30		
<b>SHUTTLE</b>	AM Don & Phobie PM John & Laure Evening Staff	AM Don & Phobie PM John & Jimmy Evening Staff	AM Don & Phobie PM John & Laure Evening Staff	AM Don & Phobie PM John & Jimmy Evening Staff	AM Don & Phobie PM John & Eden	