

December 2017 S.T.A.R. East Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15 – 9:00 am	Gardening - Don Better days - Jill	Self-help- Jill Nutrition- Jeff	BINGO- Jill BINGO- Christina	Gardening- Don Automatic Negative Thoughts- Jill	Meditation- Christina Positive Thinking-Jill	Community Outing or group
9:30 – 10:15 am	Advanced Anger Mgmt- Ammon. Instructional Art- Roberto KROC Fitness- Christina Money Management- Jimmy	Instructional Art- Roberto Personal shopping Outing- John Spirituality- Jimmy 8 Dimensions of Wellness - Christina	Open Art Studio Dealing with Depression - John KROC Fitness Budgeting outing - Staff	How to Organize- Eden Art Field Trip- Roberto Library Outing- John Advanced Anger management- Ammon	Cooking Class- Butch Open Art studio- Roberto Overcoming Anxiety- John Time management- Staff	Community Outing or group
10:30 – 11:15 am	Instructional Art- Roberto Anxiety- Sarah Communication skills- Melissa Bowling –Don	Making Friends- Eden Instructional Art- Roberto Avoiding Isolation- Sarah Active Community Outing Lunch and Learn- Melissa	Resilience- Sarah Mid-week check in- Don Relapse Prevention - Melissa	Social interactions- Christina Instructional Art- Roberto Social skills development- Jimmy Laughter- Don	Active Community Outing-Eden Open Art studio- Roberto Lunch and Learn Melissa Building Self-Esteem- Don	Community Outing or group
11:30 – 12:15 pm	Self-Advocacy- John Grief and Loss- Sarah Young Adult Group- Jen Positive Coping skills- Staff Relationships and Boundaries- Jimmy	Direct service support- Eden Food handlers- Jeff Meditation- Jimmy Anger Management Behavioral Health Ed- Sarah	Men's Talk- Don Women's Talk- Eden Music Appreciation- Sarah Positive affirmations- Staff	Stress Management- John Self-harm Reduction- Eden Building Self-esteem- Jimmy Symptom Management- Staff	Game / Technology- Josias Weekend Planning- Don Action Planning- John How to say NO - Melissa	Community Outing or group
12:30 – 1:15 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 – 2:15 pm	Action Planning- John Share your Story- Sarah	Stress management- Staff Focus and Concentration- Jimmy	Open Discussion- John Direct Service support- Jimmy	Clothing Share- Eden Direct service support	Food Share- Eden Direct service support- Staff	
2:00 – 3:00 pm	Making and Keeping Friends - Laure	Dealing with Addiction - Laure	Meditation- Laure	Rational Decisions - Laure Direct service support	Direct service support- Staff	Center Closes at 2:00
3:15 – 4:00 pm	KROC Fitness Outing- Jimmy	Instructional Art- Eden	Instructional Art- Eden	Direct service support- Eden	Center Closes at 3:30	
4:00 – 5:00 pm	KROC Fitness Outing- Jimmy	Community Outing- Laure	Budget Outing- Jimmy	Community Outing- Laure		
5:15 – 6:15 pm	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores		
6:30 – 7:15 pm	Direct service support- Laure	Direct service support- Jimmy	Direct service support- Laure	Direct service support- Jimmy		
7:00 - 7:30 pm	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30		

S.T.A.R. East

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Mon-Thurs 7:30 – 7:30

Fri 7:30 – 3:30

Sat 7:30 – 2:00



Calendar DOES NOT represent all Community Outings. See [East Community Outings](#)