

# December 2017 S.T.A.R. West 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	Better Days-Bill Improving Your Memory- Lucy	Staying Sober-Bill Coping Skills- Celeste	Dealing with Emotions- Lucy Self-Esteem-Celeste	Gratitude-Bill Finding Your Strengths-Lucy	Nutrition-Jeff Morning Walk– Celeste	In House Recovery or Community Outing
9:30 – 10:15 am	KROC-Bill Peer Pressure- James Independent Living Goals- Neville	<b>Outing</b> Arts & Crafts- Lucy ANTS - Vanessa	Arts & Crafts- Lucy Community Clean up- Neville Hearing Voices- Celeste	<b>Outing</b> Bowling-Vanessa Positive Affirmations- Bill Spirituality- James	KROC-Vanessa Coping with Change- James Staying In the Present- Neville Perceptions-Celeste	In House Recovery or Community Outing
10:30 – 11:15 am	Wii Games- Celeste Arts & Crafts- Lucy Self-confidence- James	Interactive Activities- Celeste Controlling Anxiety- James Current Events-Bill	Members Meeting Women’s Group- Vanessa Men’s Group-Bill Meditation- James	Road Map-Celeste Arts & Crafts –Kate Independent Cooking skills- James	Food Handlers-Jeff Arts & Crafts –Kate Mood Swings- Lucy	In House Recovery or Community Outing
11:30 – 12:15 pm	Self- Advocacy- James Arts & Crafts- Lucy Healthy Boundaries- Neville	Adv. Anger Management (11:00-12:00) Grief Support- Lucy Friendships-Pearl Health and Wellness Group- Neville	Music Appreciation - James Recovery Games Vanessa Coping w/ Depression Neville	Arts & Crafts –Kate Coping With Anxiety- Pearl Fun in recovery - Neville	Arts & Crafts -Kate Stigma-Bill Quality of life- Neville	In House Recovery or Community Outing
12:30 – 1:15 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 – 2:15 pm	Coping with Anger- Celeste Karaoke- Neville Communicating W/ Your Clinic-Ki	BINGO- Ki Journaling – James Effective Communication- Vanessa	Recovery Movie-Bill Community Resources – Ki Arts & Crafts- Lucy	Clothing Share- Ki Healthy Eating Habits- Neville	Food Share-Ki Building Support- James Personal Happiness- Bill	<b>Socialization until 2:00 pm</b>
2:00 – 3:00 pm	Open Art Science Education- Neville Medication Awareness-Bill	Open Art Trauma Counseling Mood Swings- Vanessa Pride- Neville	Open Art Basics in Recovery- Vanessa Recovery Action Plan- Neville	Open Art Smart Goals- Vanessa Open Discussion-Lucy	Open Art Self-Improvements – Neville Weekend Recovery-Vanessa	<b>Center Closes at 2:00</b>
3:15 – 4:00 pm	<b>Outing</b>	<b>Outing</b>	<b>Outing</b>	<b>Outing</b>	<b>Center Closes at 3:30</b>	
4:00 – 5:00 pm	Fun in Recovery	Budgeting in our Community	Coping w/ Symptoms	Arts& Crafts	<b>S.T.A.R. WEST</b> 605 N. Central Ave. Avondale, AZ 85323  <b>Phone 623-882-8463</b> <b>Fax 623-932-2737</b> <b>Mon-Thurs 7:30 – 6:30</b> <b>Fri 7:30 – 3:30</b> <b>Sat 7:30 – 2:00</b>	
5:15 – 6:15 pm	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores		
6:30 – 7:15 pm	Resources	Positivity in Recovery	Arts & Crafts	Mindfulness		
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		
Open Art: M,W,F 11:30-1:30	Open Computer Lab: M, T, Th 10-11:30, 3-5					

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

