

March 2018 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 Oral Hygiene - Jill	Self-Aid- Jill Nutrition- Jeff	Increase Your Writing/Reading Skills- Jill Social Interactions - Christina	Gardening- Don Community Outing - Jill	Meditation / Outings - Christina Menu Planning - Jill	Community Outing or group
9:30 – 10:15 am	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 Social interactions- Christina	Cooking Class- Butch Open Art studio- Roberto Overcoming Anxiety- John When to call 911 - Staff	Community Outing or group
10:30 – 11:15 am	Instructional Art- Roberto Anxiety- Sarah Coping with Voices - Melissa Bowling –Don	Making Friends- Eden Instructional Art- Roberto Avoiding Isolation- Sarah Active Community Outing - Don Coping with Anxiety - Melissa	Resilience- Sarah Mid-week check in- Don Positive Affirmations – Melissa BINGO - Jill	Instructional Art- Roberto Social skills development- Jimmy Laughter- Don Social Skills Tool Social Skills - Melissa	Active Community Outing-Eden Open Art studio- Roberto Symptom Management – Melissa Building Self-Esteem- Don	Community Outing or group
11:30 – 12:15 pm	Self-Advocacy- John Grief and Loss- Sarah Positive Coping skills- Melissa Relationships and Boundaries- Jimmy	Color Therapy - Melissa Food handlers- Jeff Meditation- Jimmy Anger Management Behavioral Health Ed- Sarah	Men's Talk- Don Women's Talk- Eden Music Appreciation- Sarah Mid-week Planning - Melissa	Stress Management- John Self-harm Reduction- Eden Building Self-esteem- Jimmy Tips for Personal Care – Melissa	Weekend Planning- Don Action Planning- John How to say NO – Melissa Voices and Health - Tiffany	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 Peer Co – Facilitation Groups - Staff	Stress management- Staff Focus and Concentration- Jimmy	Open Discussion- John Direct Service support- Jimmy Believe in Yourself - Tiffany	Clothing Share- Tiffany Direct service support	Food Share- Tiffany Peer Co-Facilitation - Staff	
2:00 – 3:00 pm	Making and Keeping Friends - Laure Anger Management - Ammon	Dealing with Addiction - Laure	Meditation- Laure	Rational Decisions - Laure Seeking Safety - Ammon	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	S.T.A.R. East
4:00 – 5:00 pm	KROC Fitness Outing- Jimmy	Community Outing- Laure	Budget Outing- Jimmy	Community Outing- Laure	1310 W. University Dr. Mesa, AZ. 85201 Phone 480-649-3642 Fax 480-668-8919 Mon-Thurs 7:30 – 7:30 Fri 7:30 – 3:30 Sat 7:30 – 2:00	
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		

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

