

April 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 Better Days - Jill	What is Self-help - Jill Nutrition- Jeff	Tell your story - Jill Avoiding Isolation - Anna	Gardening- Don Strengths & Goals - Jill	Making Friends – Jill Decision Making Skills - Anna	Community Outing or group
9:30 – 10:15 am	Instructional Art- Roberto KROC Fitness- Christina Money Management- Jimmy Relationships & Boundaries - Anna	Instructional Art- Roberto Personal shopping Outing- Melissa Spirituality- Jimmy Dealing with STIGMA – Jill Positive Affirmations – Tiffany 8 Dimensions of Wellness - Anna	Open Art Studio Dealing with Depression - Tiffany KROC Fitness Budgeting outing – Melissa Exploring Arizona - Christina	Art Field Trip- Roberto Library Outing- Melissa How to Organize- Eden Social Interactions – Tiffany Karaoke - Anna	Cooking Class- Butch Open Art studio- Roberto Overcoming Anxiety- Tiffany Being Assertive - Jill Meditation – Christina Light exercise activity - Anna	Community Outing or group
10:30 – 11:15 am	Instructional Art- Roberto Anxiety- Sarah Coping with Voices - Melissa Bowling –Don What is Psychosis – Jill Building support networks - Anna	Making Friends- Eden Instructional Art- Roberto Avoiding Isolation- Sarah Active Community Outing – Don How to recognize Peer Pressure - Tiffany	Resilience- Sarah Mid-week check in- Don Symptom Management – Jill How to create a Budget – Tiffany Using Daily Living Skills - Anna	Instructional Art- Roberto Social skills development- Jimmy Laughter- Don Friendship building – Melissa Automatic Negative Thoughts - Jill	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- Staff Grief and Loss- Sarah Inspirational Coloring - Melissa Relationships and Boundaries- Jimmy	Positive Coping Skills - Melissa Food handlers- Jeff Meditation- Jimmy BINGO - Tiffany Behavioral Health Ed- Sarah Pictionary - Anna	Men's Talk- Don Women's Talk- Eden Music Appreciation- Sarah Self Esteem and you – Melissa Medication management - Tiffany	Stress Management- Tiffany Self-harm Reduction- Eden Building Self-esteem- Jimmy What is Budgeting – Melissa Conflict Resolution - Anna	Weekend Planning- Don How to say NO – Melissa Your recovery journey – Tiffany Connecting with the community - Christina	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	Karaoke - Anna Share your Story- Sarah Mindful exercise - Jill	Learning to use Coping Skills - Jill Focus and Concentration- Jimmy Daily Wrap Up - Anna	Open Discussion- Staff Direct Service support- Jimmy Believe in Yourself – Tiffany Overcoming Loneliness - Anna	Clothing Share- Tiffany Direct service support - Anna	Food Share- Tiffany Peer Co-Facilitation - Anna	
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	
4:00 – 5:00 pm	KROC Fitness Outing- Jimmy	Community Outing- Laure	Budget Outing- Jimmy	Community Outing- Laure	S.T.A.R. EAST 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		

Open Computer Lab: Monday – Saturday All Day

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

