

April 2018 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	Boundaries- Jose Literary Art- Lucy	How to Cope with Mental Illness- Celeste Outdoor Activities- Jose	Sketching in the Park- Lucy Building Relationships- Celeste	Finding Your Strengths- Lucy Gardening- Jose	Nutrition-Jeff Recovery Story- Lucy Comfort Zone- Dani	Outing/ Recovery Group
9:30 – 10:15 am	Kroc Center- Jose Arts & Crafts- Lucy Hearing Voices- Celeste	Coping W/ Depression-Vanessa Social Skills- Celeste Communications- Lucy	Arts & Crafts- Lucy Morning Walk- Neville Positive Affirmations-Celeste	Bowling-Vanessa Spirituality- Celeste Get Up & Move- Neville Grief Support- Lucy	KROC-Vanessa Men's Group-Jose Women's Group- Celeste Quality of Life- Neville	Outing/ Recovery Group
10:30 – 11:15 am	Members Meeting Coping W/ Change- Neville Inspirations/ Meditation- Celeste	Boundaries- Celeste Current Events-Jose Overcoming Triggers- Neville	How to Build a Resume-Jose Anxiety- Vanessa Recovery Action Plan-Neville	Road Map-Celeste Mindfulness –Kate Anger Management- Jose	Food Handlers-Jeff Arts & Crafts –Kate Budgeting- Jose	Outing/ Recovery Group
11:30 – 12:15 pm	Self-Advocacy- Neville Drawing Happiness- Lucy Healthy Lifestyle - Pearl	Motivation- Lucy Recovery Wellness- Neville Friendships- Pearl	Understanding Your Diagnosis-Vanessa Changing Habits- Neville Batter Days- Celeste	Arts & Crafts –Kate Recovery Games- Neville Coping W/ Anxiety- Pearl	Self-Esteem -Kate Resilience- Lucy ANTS- Neville	Outing/ Recovery Group
12:30 – 1:15 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 – 2:15 pm	Communicating with Your Clinic- Ki ILS Spanish- Jose	Bingo- Vanessa Goals- Jose Arts & Crafts- Lucy	Community Resources- Ki Arts & Crafts- Lucy	Clothing Share- Ki Deep Breathing 101- Neville	Food Share-Ki Family Acceptance- Celeste Arts & Crafts- Lucy	Outing/ Recovery Group
2:30 – 3:15 pm	Wii Games- Neville Becoming Gainfully Employed- Ki	Music Recovery- Neville Understanding Your Diagnosis– Ki	Recovery Games- Vanessa Book Club- Jose	Finding Yourself- Vanessa Attitude-Lucy	Self-Improvements – Neville Self-Harm Reduction-Vanessa	Center Closes at 2:00
3:30 – 4:15 pm	Budgeting Your Money - Dani Outing	Organization Skills- Dani Outing	Trivial Pursuit- Dani Outing	Safe Space-Dani Outing	Center Closes at 3:30	
4:30 – 5:15 pm	Daily Living- Sandy	Coping w/ Anxiety- Sandy	Codependency- Sandy	Healthy Eating- Sandy		
5:15 – 6:00 pm	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores		
6:15 – 7:00 pm	Alternative Lifestyles- Dani	Arts & Crafts- Dani	Ending Self-Stigma- Dani	Dancing-Dani		
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. WEST

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Mon-Thurs 7:30 – 6:30

Fri 7:30 – 3:30

Sat 7:30 – 2:00

Open Art: M-F 1-3

Open Computer Lab: M-F All Day

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

