

JUNE 2018 S.T.A.R. CENTRAL 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	Nutrition-Jeff	Don't Sweat the Small Stuff-Carlos	Mid-Week Check In-Jimmy	Spanish Group-Carlos	Physical Health-Carlos	
9:30 – 10:15 am	Kroc Center-Carlos Food Handlers-Jeff Morning Walk-Len Put Off Procrastination-Kristin	Outing-Jimmy Self Esteem-James	Kroc Center-Len Relapse Prevention-James	Outing-James Recovery Games-Len Meditation-Jimmy Face Your Feelings-Kristin	Bowling-Carlos/James Ending Self Stigma-Kristin New Member Orientation or Positive Affirmations-Len	Outing Or Group
10:30 – 11:15 am	Kroc Center-Carlos Art Expressions-Amy Motivational Group-Lisa (10-11) Coping With Depression-Jimmy	Outing-Jimmy Art Expressions-Amy Life Goals-Lisa (10-11)	Kroc Center-Len Art Expressions-Amy Women's Group-Christina Men's Group-Carlos	Outing-James Art Expressions-Amy Motivational Group-Lisa (10-11)	Bowling-Carlos/James Art Expressions-Amy Life Goals-Lisa (10-11)	Outing Or Group
11:30 – 12:15 pm	Kroc Center-Carlos Spirituality-Len Avoiding Isolation-Christina	Outing-Jimmy Sharing Your Story-Len Coping With Addiction-James	Kroc Center-Len ANTs-Carlos Healthy Recovery Topics-Tiffany	Outing-James Gratitude-Christina Money Management-Len	Bowling-Carlos/James Games Group-Len Music Appreciation-Christina	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-Carlos	Bingo-James	Cooking Class-Christina	Clothing Closet-Jimmy	Food Share-Christina	
2:00 – 3:00 pm	Weekend Planning-Jimmy Open Art-Len Gratitude-Christina	Open Art-Christina Money Management-Len	Open Art-James Coping With Depression-Jimmy	Open Art-James Open Discussion-Christina	Open Art-Len Weekend Planning-James	Center Closes at 2:00
3:15 – 4:00 pm	Center Closes at 3:30	Center Closes at 3:30	Center Closes at 3:30	Center Closes at 3:30	Center Closes at 3:30	



Open Computer Lab: Everyday 7:30 – 12:00, 1:30 - Close

Calendar DOES NOT represent all Community Outings.
See (hyperlink)

S.T.A.R. CENTRAL

2502 E. Washington St.
Phoenix, AZ 85034

Phone 602-685-1295

Fax 602-685-1298

Mon-Thurs 7:30 – 3:30

Fri 7:30 – 3:30

Sat 7:30 – 2:00