

June 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	Healing Through Adversity- Lucy Spirituality- James	Current Events- Vanessa How to Cope with Mental Illness- Celeste	Looking for the good- Lucy Mid-Week Check In- Vanessa	Family Acceptance- Celeste Understanding Your Diagnosis- Vanessa	Loving Kindness- Lucy Nutrition/Cooking - Jeff	Outing/ Recovery Group
9:30 – 10:15 am	KROC Center- Vanessa/ Lucy Changing Habit- Neville Meditation- James	Get up & move- Neville Don't Sweat the Small Stuff- Lucy Positive Affirmations- Celeste	Morning Walk- Neville Arts & Crafts- Lucy Building Relationships- Celeste	Bowling- Vanessa Get up & move- Neville Self-Esteem- Lucy Mindful Meditation- Kate	KROC Center- Vanessa/ Dani Recovery Action Plan- Neville Arts & Crafts- Lucy	Outing/ Recovery Group
10:30 – 11:15 am	Hearing Voices- Celeste Acceptance- Dani ANTS- Neville	Mental Illness & Addiction- James Boundaries- Celeste Resilience- Neville	Facing your feelings - James Living in Values- Neville	Acceptance & Commitment- James Sympathetic Joy- Lucy Social Skills- Celeste	Food Handler- Jeff Perceptions- Celeste Music Appreciation- Kate	Outing/ Recovery Group
11:30 – 12:15 pm	Self-Advocacy- Neville Road Map- Celeste Mood Swings- Pearl	Compassion- Lucy Avoiding Isolation- Pearl Strategy Games- Vanessa	Batter Days- Celeste Dual Diagnosis- Dani Self-Esteem- Pearl	Holistic Wellness- Neville Spirituality- Celeste Arts & Crafts- Kate	Contemporary Women's Issues- Kate Budgeting in the Community- Vanessa/ Adrian	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	Men's Group- Jose Women's Group- Vanessa	Money Management- Jose Support System- Ki	Gardening- Jose Bingo- Vanessa Managing Your Diagnosis- Ki	Clothing Closet- Ki Healthy Habit- Jose	Food Share- Ki Wii Sports- Neville	Outing/ Recovery Group
2:00 – 3:00 pm	Finding your strength- Jose Meaningful Social Interactions- Ki	Boundaries- Jose Community Recourses- Ki Mindfulness- Neville	Daily Affirmations- Jose Prosocial Behaviors- Vanessa	Public Speaking- Jose Karaoke- Kate Peer Pressure- Neville	Etiquette- Jose Social Media- Vanessa Recovery Story- Neville	Center Closes at 2:00
3:15 – 4:00 pm	Outing Coping W/ Symptoms- Dani	Outing Alternative Lifestyles- Dani	Outing Coping W/ Anxiety- Dani	Outing Staying Positive- Dani	Center Closes at 3:30	
4:00 – 5:00 pm	Cooking Group- Dani	Improving Your Memory- Dani	Journaling- Dani	Poetry- Dani		
5:15 – 6:15 pm	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores		
6:30 – 7:15 pm	Recovery Games- Dani	Coping W/ Depression- Dani	Money Math Group- Dani	Computer Competency- 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: Mon-Fri 2:00- 3:30 Open Computer Lab: Mon-Sat All Day

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

