

S.T.A.R. East Recovery Group Schedule June 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15 – 9:00 am	Meditation- Sarah	Nutrition- Jeff Better Days 1- Melissa Anxiety-Tiffany	Mid-Week Check In-Tiffany Building Self-Esteem-Melissa	Anxiety- Sarah Better Days 2- Tiffany	Effective Communication-Sarah Weekend Planning-Tiffany	Community Outing or group
9:30 – 10:15 am	Instructional Art- Roberto KROC –Anna Shy NO Longer-Ammon Action Planning-Sarah Advanced Recovery group-Jill	Instructional Art- Roberto Advanced Recovery group-Jill Food handlers- Jeff Building Self-Compassion- Ammon Karaoke-Anna Boundaries-Tiffany	Open Art Studio-Staff Advanced Recovery group-Jill Exploring Arizona – Christina Music Appreciation- Sarah Pictionary-Anna	Art Field Trip- Roberto Co-Dependency- Sarah Advanced Recovery group-Jill Positive Thinking- Anna Recovery Hangman- Melissa Library- John	Cooking Class- Butch Open Art studio- Roberto Advanced Recovery group- Jill Dealing with Depression- Sarah	Community Outing or group
10:30 – 11:15 am	Instructional Art-Roberto Coping with Voices - Melissa Assert Yourself- Ammon Understanding coping skills - Don	SAMHSA Anger Management- Ammon Instructional Art- Roberto Avoiding Isolation- Sarah Bowling - Don Recovery Hangman-Melissa Dealing with Depression-John	Resilience- Sarah Gardening- Don Bingo-Anna Budgeting Trip- Melissa	Instructional Art- Roberto Laughter- Don Automatic Negative Thoughts –Sarah Meditation-Christina Life Goals- Ammon	Active Outing- Melissa Open Art studio- Roberto Building Self-Esteem- Sarah KROC Center- Christina	Community Outing or group
11:30 – 12:15 pm	Self-Advocacy- John Grief and Loss- Sarah Positive Affirmations- Melissa	Behavioral Health Ed- Sarah Inspirational Coloring-Melissa Spirituality –Anna How to create a Budget- Tiffany	Women's Talk- Tiffany A.N.T.S.- Sarah Men's Talk- John	Stress Management- Tiffany Grief and Loss-Anna Inspirational Coloring- Melissa Recovery Games- Christina	Your recovery journey – Tiffany Money Management- Anna Anger Management- John	Community Outing or group
12:30 – 1:15 pm	Lunch/Chore	Lunch/Chore	Lunch/Chore	Lunch/Chore	Lunch/Chore	Lunch/Chore
1:30 – 2:15 pm		Share your Story- Sarah Daily Wrap Up - Anna	Hygiene/Living Skills-Melissa Believe in Yourself- Tiffany	Clothing Share- Tiffany Direct service support - Anna	Food Share- Tiffany Peer Co-Facilitation Anna	
2:00 – 3:00 pm	Making and Keeping Friends - Laure	Dealing with Addiction – Laure Automatic Negative Thoughts- Don	Meditation- Laure Direct service support- Don	Rational Decisions - Laure Seeking Safety – Ammon	Karaoke- Christina	Center Closes at 2:00
3:15 – 4:00 pm	KROC Fitness Outing- Don	Instructional Art- Eden	Instructional Art- Eden	Direct service support- Eden	Center Closes at 3:30	
4:00 – 5:00 pm	KROC Fitness Outing- Don	Community Outing- Laure	Budget Outing- Don	Community Outing- Laure Gardening- Don		
5:15 – 6:15	Dinner/Chore	Dinner/Chore	Dinner/Chore	Dinner/Chore		
6:30 – 7:15 pm	Direct service support- Laure	Direct service support- Don	Direct service support- Laure	Direct service support- Don		

S.T.A.R.
 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

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 ([hyperlink for Center Calendar](#))

