

September 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	Conflict Resolution - Tiffany	Nutrition- Jeff	Mid-Week Check In-Tiffany	Better Days 2-Tiffany What? Me Worry? Ammon	Weekend Planning-Tiffany	Community Outing or group
9:30 – 10:15 am	Instructional Art-Roberto Shy NO Longer-Ammon Advanced Recovery group-Jill Active Outing-Melissa Automatic Negative Thinking- Sarah	Instructional Art-Roberto Advanced Recovery group-Jill Food handlers-Jeff Building Self-Compassion-Ammon Better Days-Tiffany	Open Art Studio-Don Advanced Recovery group-Jill Coping with Voices- Melissa Active Outing-John	Art Field Trip-Roberto Advanced Recovery group-Jill Recovery Hangman-Melissa Library- John Meditation-Amanda	Cooking Class-Butch Open Art studio-Roberto Advanced Recovery group-Jill Music Appreciation-Melissa	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 Recovery Hangman-Melissa Dealing with Depression-John Bowling-Don	Gardening- Don Self Esteem-Melissa Acceptance & Compassion-Tiffany	Instructional Art-Roberto Laughter- Don Meditation-Christina Life Goals-Ammon Self-Care Skills-Amanda	Active Outing-Melissa Open Art studio-Roberto KROC Center-Christina Resilience-Sarah	Community Outing or group
11:30 – 12:15 pm	Self-Advocacy-Amanda Positive Affirmations-Melissa Medication Management-Tiffany	Inspirational Coloring-Melissa How to create a Budget- Tiffany Making and Keeping Friends-Amanda	Women's Talk-Tiffany Men's Talk- John	Stress Management-Tiffany Inspirational Coloring-Melissa Recovery Games-Christina Goal Setting-Don	Your recovery journey – Tiffany Anger Management-John Acceptance of Others- Amanda	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	Hygiene- Tiffany	Automatic Negative Thoughts- Don	Resilience and Coping- Melissa	Clothing Share-Tiffany Seeking Safety-Ammon	Food Share-Tiffany	
2:00 – 3:00 pm	Making and Keeping Friends - Laure	Dealing with Addiction – Laure	Meditation- Laure Direct service support- Don	Rational Decisions - Laure	Karaoke-Christina	Center Closes at 2:00
3:15 – 4:00 pm	Direct Support-Don	Direct Service Support- Don	Direct Service Support- Laure	Direct Service Support- Don	Center Closes at 3:30	
4:00 – 5:00 pm	Active Outing-Don	Community Outing- Laure	Budget Outing-Don	Community Outing- Laure Gardening- Don		
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- Don	Direct service support- Laure	Direct service support- Don		
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. 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

Open Computer Lab: Monday – Saturday All Day

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

