

September 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
8:00 am	Current Events- Vanessa	Morning Walk- Lucy	Affirmations- Celeste	Morning Walk- Celeste	Cooking Group- Diana	Weekend Planning
8:30 am	Mindfulness- Lucy	Ways to Take Control- Celeste	Get Up & Move- Neville	Problem Solving- Lucy	Relaxation- Celeste	Outing/ Recovery Group
9:30 am	Meditation- James KROC Center- Jose	Music Recovery- Neville	Art- Lucy Goals- Jose	Bowling- Vanessa Holistic Wellness- Neville	KROC Center- Vanessa Music Appreciation- Kate	Outing/ Recovery Group
10:00 am	How to Cope W/ Mental Illness- Celeste	Hearing Voices- Celeste	Changing Habits- Neville	Positive Self-Image- Lucy	Symptom Management- Neville	Outing/ Recovery Group
10:30 am	Spirituality- James Reading/Writing- Dani	Mental Health & Addiction- James	Facing Your Feelings- James Self-Expression- Dani	Acceptance & Commitment- James	Self-Awareness- Lucy Mystery Group- Dani	Outing/ Recovery Group
11:00 am	Mood Swing- Pearl	Avoiding Isolation- Pearl	Self-Esteem- Pearl	Boundaries- Celeste	ANTS- Neville Crafts- Kate	Outing/ Recovery Group
11:15 am	Expressing Self-Worth- Lucy Resilience- Neville	Money Management- Jose	Grief Support- Lucy Self-Advocacy- Neville	Women's Group- Kate Men's Group- Jose	Connections & Relationships- Lucy	Outing/ Recovery Group
12:30 – 1:15 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 pm	Understanding Your Diagnosis- Ki	Support System- Ki	Bingo- Ki	Clothing Closet- Ki	Food Share- Ki	Outing/ Recovery Group
2:00 pm	Coping Skills- Celeste	Thoughts, Emotion & Behavior- Lucy	Let's Talk- Celeste	Fun in Recovery- Neville	Wii Games- Celeste	Outing/ Recovery Group
2:30 pm	Living in Values- Neville	Creative Writing- Vanessa	Road Maps- Vanessa	Karaoke- Kate	Life Management- Vanessa	Center Closes at 2:00
3:30 pm	Outing Art & Crafts- Dani	In House Activity	Outing Journaling- Dani	Outing Leadership Skills- Dani	Center Closes at 3:30	
4:30 pm	Poetry- Dani	Improving Your Memory- Dani	Cooking/Baking/ "No-Bake"- Dani	Recovery Games- Dani		
5:15 – 6:00 pm	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores		
6:00 pm	Boundaries- Dani	Coping W/ Depression- Dani	Avoiding Co-Dependent Behaviors- Dani	Dual Diagnosis- 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 – 7:30

Fri 7:30 – 3:30

Sat 7:30 – 2:00

Open Art: M-F 2:00- 3:30

Open Computer Lab: M-F 7:30-7:30

Calendar reflects the start time of each group and lasts 45 minutes.

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

