

October 2018 S.T.A.R. EAST Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 9:00 am	Coffee Talk – Melissa Breakfast	Coffee Talk – Melissa Breakfast	Coffee Talk – Melissa Breakfast	Coffee Talk – Melissa Breakfast	Coffee Talk – Melissa Breakfast	Breakfast
8:00 – 8:45 am	Automatic Negative Thoughts - Sarah	Personal Goals – Jeff Nutrition - Joanne	Mid-Week Check In - Tiffany Direct Support - Jill	Better Days - Tiffany What? Me Worry? – Ammon Direct Support - Jill	Facing Your Feelings – Jill What are Boundaries - Sarah	Outing Or Group
9:00 – 9:45 am	Unhelpful Thinking Styles - Jill KROC - John Art & Crafts – Matt Outing - Christina	Food Handlers - Jeff Recovery Hangman- Melissa Outing – John Arts & Crafts – Matt Direct Support - Jill	Dealing w/Depression – John Coping w/Voices – Melissa Arts & Crafts – Matt Outing - Christina	Nurse’s Corner- Amelia Library – John Arts & Crafts – Matt Know Your Coping Skills – Don Outing - Christina	Outing- Melissa Outing – John Arts & Crafts – Matt Meditation – Christina Direct Support - Tiffany	Outing Or Group
9:45 am	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings
10:00 – 10:45 am	Coping w/Voices – Melissa Shy No Longer – Ammon Daily Living – Don Direct Support - Jill	Building Self-Compassion – Ammon Outing – Don Building Self-Esteem - Tiffany	Making & Keeping Friends – Amanda Men’ Talk – Don Women’s Talk - Tiffany	Recovery Hangman – Melissa Facing Your Feelings – Jill Medication Management - Tiffany	Outing – Amanda Weekend Planning – Tiffany Daily Living – Jill Computer Skills - Josias	Outing Or Group
11:00 – 11:45 am	Self-Esteem – Melissa Assert Yourself - Ammon	Inspirational Coloring – Melissa Facing Your Feelings - Jill	Budgeting - Melissa Unhelpful Thinking Styles - Jill	Inspirational Coloring – Melissa Life Goals - Ammon	Hygiene – Melissa Rocks & Docks - Amanda	Outing Or Group
12:30 / 1:00 pm	Lunch & Learn – Matt Lunch/Chores	Lunch & Learn – Matt Lunch/Chores	Lunch & Learn – Matt Lunch/Chores	Lunch & Learn – Matt Lunch/Chores	Lunch & Learn – Matt Lunch/Chores	Lunch/Chores
1:30 pm	Gardening - Don	Pet Therapy - Tiffany Computer Skills - Josias	Recovery Journey – Tiffany Gardening - Don	Clothing Closet	Food Share	Direct Support
2:00 – 2:45 pm	Making & Keeping Friends - Laure	Dealing with Addiction – Laure	Meditation - Laure	Seeking Safety – Ammon Open Art - Don	Direct Support – All Staff	Center Closes at 2:00
3:30 pm	Afternoon Shuttle / Leave for Outings	Afternoon Shuttle / Leave for Outings	Afternoon Shuttle / Leave for Outings	Afternoon Shuttle / Leave for Outings	Center Closes at 3:30	
4:15 – 5:00 pm	Overcoming Loneliness - Don	Direct Support - Don	BINGO - Don	Gaming Group - Don	S.T.A.R. EAST 1310 W. University Dr. Mesa, AZ 85201 P: 480-649-3642 F: 480-668-8919 Mon-Thurs: 7:30 – 7:30 Fri: 7:30 – 3:30 Sat: 7:30 – 2:00	
5:15 / 5:45 pm	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores		
6:00 – 6:45 pm	Direct Support - Don	Direct Support – Laure	Direct Support – Don	Direct Support - Laure		
7:30 pm	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30		

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

