

December 2018 S.T.A.R. WEST Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 9:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 – 8:45 am	Health and Wellness-Amelia Eliminate The Negative-Lucy	Morning Walk-Celeste	Nutrition-Joanne Latch on to the Affirmative-Lucy	Cooking Class-Diana Morning Walk-Celeste	Personal Goals-Jeff Healing-Lucy	Outing/ Recovery Group
9:00 – 9:45 am	Building Self Confidence-Celeste Kroc Center-James Improving Self Esteem-Tawny	Change and Problem Solving-Lucy Building Self-Compassion-Tawny	Ways to Take Control-Celeste Face Your Feelings-James Life Goals-Tawny	Bowling-James Self-Awareness-Lucy Life Skill Development-Tawny	Wii Games-Celeste Kroc Center-James Assertiveness-Tawny Food Handlers-Jeff	Outing/ Recovery 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	Living in Values-Neville Accentuate the Positive-Lucy	Hearing Voices-Celeste Recovery Action Plan-Neville	A.N.T.s-Neville Grief Support-Lucy	Open Discussion-Celeste Resilience-Neville	Self-Advocacy-Neville Growing-Lucy	Outing/ Recovery Group
11:00 – 11:45 am	Goals-Pearl Communication-Celeste	Coping with Anxiety-Pearl Acceptance and Commitment-James	Interactive Activities-Celeste Mental Health and Addiction-James	Stimulating and thought Provoking Art-Lucy	Relaxation-Celeste Positive Self Image-Pearl	Outing/ Recovery Group
12:30 / 1:00 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 pm	Self-Advocacy-Ki	Support Systems-Ki	Creative Writing-Ki	Clothing Closet	Food Share	Outing/Group
2:00 – 2:45 pm	Relationship and Socialization-Neville	Music Recovery-Neville Meditation-James	Get up and Move-Neville	Changing Habits-Neville Karoke-Kate	Fun in Recovery-Neville	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	Boundaries-Dani	Goal Setting and Personal Development-Stanley	Cooking/Baking/No Bake-Dani	Dual Diagnosis-Dani		
5:15 / 5:45 pm	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores		
6:00 – 6:45 pm	Leadership Skills-Dani	Journaling-Dani	Recovery Games-Dani	Arts and Crafts-Dani		
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
 605 N Central Ave.
 Avondale, AZ 85323
P: 623-882-8463
F: 623-932-2737
Mon-Thurs: 7:30 – 7:30
Fri: 7:30 – 3:30
Sat: 7:30 – 2:00

Open Art: 1:30pm-3:30pm (Monday-Saturday)

Open Computer Lab:
Monday-Saturday (All Day)

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

