

August 2022 S.T.A.R. CENTRAL Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 – 8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 – 9:00 am	Morning Check in -Micheal	Morning Check in -Micheal (H)	Morning Check in -Micheal	Morning Check in -Micheal	Morning Check in -Micheal (H)
9:10 – 10:10 am	Be the Best You -Micheal (H) Morning Movement –Kim Wellness -Hector 9:30 OUTING Dedria	Nurse's Corner - Karen 9:30 OUTING Tanya	Face Your Feelings-Sarah Open Discussion- Tanya 9:30 OUTING	Nurse's Corner – Karen 9:30 OUTING Dedria	Nurse's Corner - Karen Recovery Tool Box -Kim (H) 9:30 OUTING Tanya
10:15 – 11:15 am	Stress Relievers- Tanya (H) Open Art-Pearl 11:00 OUTING Kim	Positive Affirmation Art - Dedria Mood Juice -Kim	Instructional Art -Dedria Wellness Wednesday (H) -Micheal 11:00 OUTING Tanya	Let's Talk about it -Kim (H) Family Feud- Micheal	Women's Group- Kim Men's Group – Micheal
11:20– 12:20 pm	Budgeting -Tanya Health & Wellness - Hector Lunch & Learn- Micheal	Nurse's Corner - Karen Jeopardy -Micheal (H) Lunch & Learn- Kim	Get to know your Peers –Dedria (H) Lunch & Learn- Micheal	Nurse's Corner - Karen Don't Sweat the Small Stuff -Tanya (H) Lunch & Learn- Kim	Nurse's Corner - Karen Housing Group - Wanda Lunch & Learn- Dedria
12:30	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:10 – 2:10 pm	Mexican Bingo -Dedria	12:30 OUTING Dedria Open Discussion- Micheal Budgeting-Tanya (H)	Games Group -Kim	12:30 OUTING Tanya Express Your Emotions-Dedria Clothing Closet/Trivia -Micheal	Food Share/Week Wrap up -Micheal
2:15 – 3:15 pm	Open Art -Tanya		Trivia -Dedria		Relax & Share what you learned -Dedria
3:15 – 4:15 pm	PM Shuttle Dedria Tanya	PM Shuttle Dedria Tanya	PM Shuttle Dedria Tanya	PM Shuttle Dedria Tanya	PM Shuttle Dedria Tanya

**** (H) Hybrid Group Log in: Meeting ID:926 942 6571**

Passcode: Central



S.T.A.R. CENTRAL
2502 E. Washington St.
Phoenix, AZ 85034
Phone 602-685-1295
Fax 602-685-1298
Mon –Fri 7:30 -4:30