

December 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 (H)	Morning Check in -Micheal	Morning Check in -Micheal (H)	Morning Check in -Micheal	Morning Check in -Micheal (H)
9:10 – 10:10 am	Communication -Micheal Face Your Feelings-Sarah(H) 9:30 OUTING Tanya	Nurse's Corner - Karen Coping Skills - Pearl 9:30 OUTING Tanya, Amber	Trauma and Resiliency- Jen Spirituality -Tanya (H) 9:30 OUTING Amber	Nurse's Corner – Karen Budgeting -Tanya 9:30 OUTING Dedria	Nurse's Corner - Karen Open Discussion – Amber (H) 9:30 OUTING Tanya
10:15 – 11:15 am	Life Balance- Darrell Getting to know your peers – Dedria (H)	Positive Affirmations -Dedria (H) Art Expressions -Amy	Wellness- Micheal Positive Affirmations -Tanya (H)	Music Appreciation -Micheal Don't Sweat the Small Stuff – Amber (H)	Men's Group - Micheal Women's Group - Amber
11:20– 12:20 pm	Regulating Emotions- Jen Art Expressions - Amy Lunch and Learn - Pearl	Nurse's Corner - Karen Be the Best you - Micheal Lunch and Learn - Pearl	Jeopardy- Michael Gardening Group- Darrell Lunch and Learn - Pearl	Nurse's Corner - Karen Self Esteem -Tanya Lunch and Learn - Pearl	Nurse's Corner - Karen Housing Group- Wanda Lunch and Learn - Pearl
12:30	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:10 – 2:10 pm	Open Discussion - Micheal	Family Feud - Micheal	Recovery Game -Tanya	Clothing Closet - Micheal	Food Share- Micheal
2:10 – 3:15 pm	Pool Group - Darrell	Open Art- Darrell	Open Art -Amy	Games Group - Amber	Games Group -Dedria
3:15 – 4:15 pm	PM Shuttle Dedria	PM Shuttle Dedria, Amber	PM Shuttle Amber	PM Shuttle Dedria, Amber	PM Shuttle Dedria, Amber

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

Passcode: Central



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