

February 2023 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 -Marc	Morning Check in -Micheal (H)
9:10 – 10:10 am	Nurse's Corner - Karen Self Esteem -Francine 9:30 OUTING Amber, Mark	Nurse's Corner – Karen Goals Group -Amber(H) 9:30 OUTING Francine	Communication -Mark Wellness- Micheal(H) 9:30 OUTING Amber	Open Discussion - Micheal Budgeting -Amber(H) 9:30 OUTING Mark	Nurse's Corner - Karen Games Group -Micheal 9:30 OUTING Francine, Mark
10:15 – 11:15 am	Back from the Bluez - Sarah Coping Skills -Pearl	Be the Best you - Micheal(H) Impulse Control -Mark	Positive Affirmations -Francine Trauma and Resiliency- Jen	Family Dynamics -Jen S.M.A.R.T. Goals Francine(H)	What? Me, Worry? -Sarah Self-Motivation -Amber(H)
11:20– 12:20 pm	Regulating Emotions- Jen Nurse's Corner - Karen Lunch and Learn - Micheal	Nurse's Corner - Karen Relationships -Mark Lunch and Learn – Micheal	Jeopardy- Michael Self-Advocacy -Mark (H) Lunch and Learn - Pearl	Open Art -Pearl Communication -Micheal 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	12:45 outing Francine Understanding Emotions (H) -Mark	12:45 Outing -Amber Impulse Control -Mark Open Art-Francine	Art Expressions -Francine	12:45 Outing -Amber Clothing Closet -Micheal	Food share -Amber
2:10 – 3:15 pm	Positive Affirmations -Amber	Games Group -Francine	Open Discussion -Amber	Open Art -Francine	Open Discussion -Francine
3:15 – 4:15 pm	PM Shuttle Francine, Amber	PM Shuttle Amber, Francine	PM Shuttle Francine, Amber	PM Shuttle Amber, Francine	PM Shuttle Amber, Francine

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

Passcode: Central



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