

STAR West Center Schedule 7/12/2023 to 7/31/2022

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:53am	OPEN ART Round Table Talk	OPEN ART Round Table Talk	OPEN ART Round Table Talk	OPEN ART Round Table Talk	OPEN ART Round Table Talk
9:00-9:53 am	ART PROJECT Open Topic	ART PROJECT Cooking Group	ART PROJECT Anger Management (Hybrid: 562 040 7948 Star2)	ART PROJECT Cooking with Riley	ART PROJECT Overcoming Fear (Hybrid: 562 040 7948 Star2)
10:00-10:53 am	ART PROJECT Mental Health Support (Hybrid: 562 040 7948 Star2) Karaoke	ART PROJECT Staying Sober (Hybrid: 562 040 7948 Star2) Women's Group	ART PROJECT Self Care (Hybrid: 562 040 7948 Star2) Time Management	ART PROJECT Self Worth (Hybrid: 562 040 7948 Star2) Karaoke	ART PROJECT Self-Sabotage(Hybrid: 562 040 7948 Star2) Advocating for yourself
11:00-11:53 am	Recovery Planning Music Appreciation	Mental Health and Wellness: (Hybrid: 562 040 7948 Star2) Patience & Tolerance	Self-Advocacy (Hybrid: 562 040 7948 Star2) Housing with Wanda	Men's Group Bingo	Life Skills 101- (Hybrid: 562 040 7948 Star2) Resentments
12:00-12:15pm	Announcements/ Lunch	Announcements/ Lunch	Announcements/ Lunch	Announcements/ Lunch	Announcements/ Lunch
12:15-12:45 pm	Lunch and Learn-	Lunch and Learn-	Lunch and Learn-	Lunch and Learn-	Lunch and Learn-

1:00- 1:53 pm	Controlling Your Emotions	Recognizing Your Strengths	Time Management	Budgeting Skills/Clothing Share	Daily Living Skills /Food Share
2:00-2:53 pm	Needs Vs Wants	Peer Pressure	Fun Recovery Activity	Avoiding Isolation	Coping with Loss