

STAR West Center Schedule 9/1/2023 to 9/30/2022

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 Loteria Maintaining a clean environment	ART PROJECT Recovery Journey (Hybrid: 562 040 7948 Star2) Women's Group Nurse's Corner	ART PROJECT Triggers (Hybrid: 562 040 7948 Star2) Managing Stress	ART PROJECT Boundaries Physical and personal (Hybrid: 562 040 7948 Star2) Question Ball	ART PROJECT Gratitude (Hybrid: 562 040 7948 Star2) Advocating for yourself
11:00-11:53 am	Good Etiquette Music Appreciation	Bad Habits: (Hybrid: 562 040 7948 Star2) Patience & Tolerance Nurse's Corner	Coping skills Music Appreciation	Men's Group Bingo	Building health relationships 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- 2:00 pm	Being Punctual	Recognizing Your Strengths	Positive Affirmation	Budgeting Skills/Clothing Share	Daily Living Skills /Food Share