

STAR West Center Schedule 2/1/2024 to 2/29/2024

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:53am	OPEN ART Round Table Talk Morning walk	OPEN ART Round Table Talk Morning walk	OPEN ART Round Table Talk Morning walk	OPEN ART Round Table Talk Morning walk	OPEN ART Round Table Talk Morning walk
9:00-9:53 am	ART PROJECT Open Topic	ART PROJECT Setting Boundaries Nurse's Corner	ART PROJECT Anger Management	ART PROJECT Cooking with Riley	ART PROJECT Coping Skills
10:00-10:53 am	Art Project Advocating for yourself (Hybrid: 562 040 7948 Star2) Cooking with Staff	Art Project Developing self-worth and confidence (Hybrid: 562 040 7948 Star2) Nurse's Corner	Art Project Overcoming fear (Hybrid: 562 040 7948 Star2) Phobias Group	Art Project Stress Management (Hybrid: 562 040 7948 Star2) Grief Group	Art Project Family Support (Hybrid: 562 040 7948 Star2) Emotional Wellness Group
11:00-11:53 am	Feeling Supported Group Hybrid: 562 040 7948 Star2) Substance Abuse Group	Bad Habits: (Hybrid: 562 040 7948 Star2) Men's Group Women's Group	Coping skills Hybrid: 562 040 7948 Star2) Mental Health Conditions	Anxiety & Depression Group Hybrid: 562 040 7948 Star2) Music Appreciation	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- 2:30 pm	Fun Recovery Games	Fun Recovery Games	Fun Recovery Games	Budgeting Skills/Clothing Share	Daily Living Skills /Food Share