

# STAR West Center Schedule 3/1/2024 to 3/31/2024

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 Star North Zoom	ART PROJECT Baking with Beth Star North Zoom	ART PROJECT Anger Management Nurse's Corner Star North Zoom	ART PROJECT Cooking with Riley Star North Zoom	ART PROJECT Coping Skills Nurse's Corne Star North Zoom
10:00-10:53 am	Advocating for yourself (Hybrid: 562 040 7948 Star2) Bubbles with Council	Developing self-worth and confidence (Hybrid: 562 040 7948 Star2)	Emotional Wellness (Hybrid: 562 040 7948 Star2) Bubbles with Council	Stress Management (Hybrid: 562 040 7948 Star2)	Family Support (Hybrid: 562 040 7948 Star2)
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 Nurse's Corner	Anxiety & Depression Group Hybrid: 562 040 7948 Star2) Music Appreciation	Building health relationships Hybrid: 562 040 7948 Star2) Nurse's Corner
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 Open Art	Fun Recovery Games Open Art	Fun Recovery Games Open Art	Budgeting Skills/Clothing Share	Daily Living Skills /Food Share

Star North Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/85354822022>

Meeting ID: 853 5482 2022