



Cobblestone Group Calendar

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am		WHAM Whole Health Action Management 9:00– 11:00			Food Bank Fridays
10:00 am	Power to Pay Learning money skills		WRAP Wellness & Recovery Action Plan	Tranquility Garden	Recovery Unlimited
11:00 am	SMART Recovery		Self Esteem	Sober Fun 11-12:30	Building Communication
12:00 pm	Living in the Solution	Cobblestone Chefs Starting May 22, 2015 12-1:30pm	Road to Recovery		Flexible Thinking
1:00 pm	Coping Skills		Recovery Unlimited	Movement Group	Recovery Bingo
2:00 pm	Empowered Living	Express Yourself Arts and Crafts 2:00-3:30	S.U.P.E.R Group	Street Yoga	
3:00 pm				Parenting 3:00—4:30	
4:00 pm					
5:00 pm					

COBBLESTONE COURT



1075 E. Ft Lowell Rd.

Modified
5.14.18



Cobblestone Group Calendar

Descriptions

BUILDING COMMUNICATION

Learn the essentials for communicating to other human beings and building healthy relationships.

COPING SKILLS

Learn skills to tolerate life's ups and downs, participate in the community, and to function independently.

EXPRESS YOURSELF

In the face of life challenges spirituality empowers hope and purpose. Explore spirituality, how it relates to recovery, and identify our existing spiritual resources as a source of strength.

FLEXIBLE THINKING

Learn new thinking skills to adapt to new situations, improvise, and shift strategies to meet different types of challenges.

FOOD BANK FRIDAYS

Learn the essentials for utilizing the Community Food Bank.

LIVING IN THE SOLUTION

A positive interactive group to overcome anxiety and depression allowing us to step outside of the ordinary and into the solution.

POWER TO PAY

Learn money skills for independent living, maintaining a house, budgeting, organization, prevent financial crisis, and live within your means.

S.M.A.R.T. RECOVERY

Learn to live independent of addictive behaviors, coping with urges, managing thoughts, and to have a balanced recovery.

RECOVERY UNLIMITED

Learn about recovery through a variety of engaging techniques including worksheets, art, games, feedback, visualization, and more.

ROAD TO RECOVERY

Learn new ways of handling challenges involved with long-term sobriety. Learn health alternative behaviors to prevent drug and alcohol relapse.

SELF-ESTEEM

Change self-defeating thoughts and overcome self-doubt. Learn to use affirming thoughts, enlarge possibilities, and create a positive self image.

STREET YOGA

SOBER FUN

Get out into the community to experience learning how to have fun by going to various places such as bowling, museum, long drive, park, and other places. Members also learn how to be spontaneous, be active, and how to socialize with their peers and their communities to enhance their ideas and learn how to have fun in sobriety.

S.U.P.E.R GROUP

Utilizing Evidence Based Practices, the SUPER Group is a member driven discussion group focusing on topics the members desire to talk about. An open dialogue utilizing positive communication skills, promoting respectful interaction and getting results. A group that was derived by members sharing in one another's recovery.

Cobblestone Chefs

Learn creative ways to cook healthy meals using ingredients from food bank group and on a budget. Group will cover basic kitchen safety, sanitary and cooking practices.

W.H.A.M.

Whole Health Action Management promotes whole-person health by reviewing topics such as improving eating habits, physical activity, positive thinking, and sense of purpose and meaning in life to integrate our physical and mental health.

W. R. A. P.

Wellness Recovery Action Plan is a self-management and recovery system designed to help us incorporate wellness tools and strategies into our lives. WRAP prepares us to handle personal struggles, take care of ourselves, and maintain wellness.

ZUMBA

Dance to great music, with great people, and burn a ton of calories without even realizing it.