

# ALVERNON RECOVERY & WELLNESS GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00</b>			<b>Joyful Eating</b> (Blue Room, Tamara) 8:00 – 9:00AM		
<b>8:30</b>					
<b>9:00</b>		<b>Street Yoga</b> (Blue Room, Tamara) 9:00 – 10:00AM	<b>Community Group</b> (Off-Site, Kessa) Leaves at 9:10AM		<b>Let's Get Moving</b> (Off-Site, Annie) 9:00 – 10:00AM
<b>9:30</b>					
<b>10:00</b>	<b>Road to Recovery</b> (Blue Room, Tim) 10:00 – 11:00AM	<b>SMART Recovery</b> (Blue Room, Jo) 10:00 – 11:00AM		<b>Newcomers Group</b> (Blue Room, Annie) 10:00 – 11:00AM	<b>Road to Recovery</b> (Blue Room, Tim) 10:00 – 11:00AM
<b>10:30</b>					
<b>11:00</b>	<b>Employment Outlook</b> (Orange Room, Eddie) 11:00AM-12:00PM	<b>Newsletter Group</b> (Purple Room, Kessa) 11:00AM – 12:00PM	<b>Recovery Unlimited</b> (Blue Room, Jo) 11:00AM – 12:00PM	<b>WHAM Group (Referral Only)</b> ON HOLD UNTIL FURTHER NOTICE	<b>Art of Expression – Age 50+</b> (Purple Room, Michelle) 11:00AM – 12:30PM
<b>11:30</b>					
<b>12:00</b>					
<b>12:30</b>					
<b>1:00</b>	<b>Relapse Prevention</b> (Blue Room, Tamara) 1:00 – 2:00PM	<b>Express Yourself</b> (Blue Room, Tim) 1:00 – 2:30PM	<b>Holiday Support Group</b> (Purple Room, William B.) 1:00 – 2:00PM	<b>Healthy Sexuality</b> (Purple Room, Annie) 1:00 – 2:00PM	
<b>1:30</b>					
<b>2:00</b>	<b>Women's Support</b> (Blue Room, Michelle) 2:00 – 3:00PM	<b>Creative Journaling &amp; Writing in Recovery</b> (Blue Room, Hannah) 2:30 – 3:30PM		<b>Coping Skills</b> (Blue Room, Michelle) 2:00 – 3:00PM	
<b>2:30</b>					
<b>3:00</b>			<b>Motivation to Change</b> (Orange Room, Francisco) 3:00 – 4:00PM	<b>Games</b> (Blue Room, Tamara) 3:00 – 4:00PM	<b>Fun in Recovery</b> (Off-Site, Jo or Francisco) 2:30 – 4:30PM
<b>3:30</b>	<b>Self Esteem</b> (Purple Room, Francisco) 3:30 – 4:30PM	<b>Men's Support</b> (Blue Room, Francisco) 3:30 – 4:30PM			
<b>4:00</b>					
<b>4:30</b>			<b>Road to Recovery</b> (Blue Room, Kessa) 4:00 – 5:00PM		
<b>5:00</b>					



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