

# COBBLESTONE COURT RECOVERY & WELLNESS GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
8:30					
9:00		Whole Health Action Management (WHAM) 9:00 – 11:00AM			Food Bank Fridays 9:00 – 10:00AM
9:30					
10:00	Power to Pay – Learning \$ Skills 10:00 – 11:00AM		Wellness Recovery Action Plan (WRAP) 10:00 – 11:00AM	Tranquility Garden 10:00 – 11:00AM	The Wise Mind – DBT (COT) 9:00 – 10:30AM
10:30					
11:00	SMART Recovery 11:00AM – 12:00PM		Self Esteem 11:00AM – 12:00PM	Sober Fun 11:00AM – 12:30PM	Work It Out 10:00 – 11:00AM
11:30					
12:00	Living in the Solution 12:00 – 1:00PM	Cobblestone Chefs Cooking Group 12:00 – 1:30PM	Road to Recovery 12:00 – 1:00PM		Building Communication 11:00AM – 12:00PM
12:30					
1:00	Dealing with Emotions 1:00 – 2:00PM		Recovery Unlimited 1:00 – 2:00PM		Flexible Thinking 12:00 – 1:00PM
1:30					
2:00	Empowered Living 2:00 – 3:00PM	Express Yourself – Arts & Crafts 2:00 – 3:30PM	S.U.P.E.R. Group 2:00 – 3:00PM	Street Yoga 2:00 – 3:00PM	Recovery Unlimited 2:00 – 3:00PM
2:30					
3:00				Parenting 3:00 – 4:30PM	
3:30					
4:00					
4:30					
5:00					



CODAC at Cobblestone Court  
1075 E. Ft. Lowell Road | Tucson, AZ 85719  
Phone: (520) 327-4505

**ANGER MANAGEMENT (COT MEMBERS):** Learn what makes you angry and how to deal with frustration, irritation and anger before it builds up.

**BUILDING COMMUNICATION:** Learn the essentials for communicating to other human beings and building healthy relationships.

**COBBLESTONE CHEFS:** Learn creative ways to cook healthy meals using ingredients from the Food Bank and on a budget. The group covers basic kitchen safety, sanitary and cooking practices as well.

**DEALING WITH EMOTIONS:** Learn skills to tolerate life's ups and downs, participate in the community and function independently.

**EMPOWERED LIVING:** 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.

**EXPRESS YOURSELF – ARTS & CRAFTS:** Learn how to use crafts such as beading & crocheting as a coping skill.

**FLEXIBLE THINKING:** Learn 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. Step outside of the ordinary and into the solution.

**POWER TO PAY:** Learn money skills for independent living, maintaining a home, budgeting, preventing financial crisis, and living within your means.

**RECOVERY BINGO:** A fun and interactive group that focuses on having fun in recovery while conversing in a healthy way.

**RECOVERY UNLIMITED:** Learn about recovery through a variety of engaging techniques including worksheets, art, games, feedback & visualization.

**ROAD TO RECOVERY:** Learn new ways of handling challenges involved with long-term sobriety, including alternative behaviors to prevent relapse.

**SELF-ESTEEM:** Change self-defeating thoughts and overcome self-doubt. Use affirming thoughts, enlarge possibilities, & have a positive self-image.

**S.M.A.R.T. RECOVERY:** Learn to live independent of addictive behaviors, coping with urges, managing thoughts, and to have a balanced recovery.

**SOBER FUN:** Get out into the community to experience learning how to have fun by going to various places such as bowling, museums, parks and other places. Learn to be spontaneous, be active, and how to socialize with their peers and their communities. Learn how to have fun in sobriety!

**STREET YOGA:** Relax your mind, body and soul utilizing mindfulness and gentle stretching.

**S.U.P.E.R GROUP:** Utilizing Evidence Based Practices, the SUPER Group is a member-driven discussion group focusing on topics the members want to talk about. The group consists of an open dialogue utilizing positive communication skills, promoting respectful interaction and getting results. This group is derived by members sharing in one another's recovery.

**THE WISE MIND – DBT (COT MEMBERS):** Open co-ed group to learn mindfulness and skills to manage interpersonal relationships, tolerate distress, and regulate emotion. Dialectical Behavior Therapy (DBT) skills benefit individuals with depression, anxiety, PTSD, substance use, self-harm, etc.

**TRANQUILITY GARDEN:** Learn basic gardening skills and the mental, physical and emotional benefits of gardening while helping to maintain the Cobblestone Tranquility Garden.

**WHOLE HEALTH ACTION MANAGEMENT (W.H.A.M.):** 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.

**WELLNESS RECOVERY ACTION PLAN (W.R.A.P.):** 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.