

ALVERNON RECOVERY & WELLNESS GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00			Joyful Eating (Blue Room, Tamara) 8:00 – 9:00AM		
8:30					
9:00		Street Yoga (Blue Room, Tamara) 9:00 – 10:00AM	Community Group (Off-Site, Kessa) 9:00 – 10:00AM		Let's Get Moving (Off-Site, Annie) 9:00 – 10:00AM
9:30					
10:00	Road to Recovery (Blue Room, Tim) 10:00 – 11:00AM	SMART Recovery (Blue Room, Jessica) 10:00 – 11:00AM		Newcomers Group (Blue Room, Annie) 10:00 – 11:00AM	Road to Recovery (Blue Room, Tim) 10:00 – 11:00AM
10:30					
11:00	Employment Outlook (Orange Room, Eddie) 11:00AM-12:00PM	Newsletter Group (Purple Room, Kessa) 11:00AM – 12:00PM	Recovery Unlimited (Blue Room, Jessica) 11:00AM – 12:00PM		Art of Expression – Age 50+ (Purple Room, Michelle) 11:00AM – 12:30PM
11:30					
12:00					
12:30					
1:00	Relapse Prevention (Blue Room, Tamara) 1:00 – 2:00PM	Express Yourself (Blue Room, Tim) 1:00 – 2:30PM		Building Communication (Purple Room, Jessica) 1:00 – 2:00PM	
1:30					
2:00	Women's Support (Blue Room, Michelle) 2:00 – 3:00PM			Coping Skills (Blue Room, Michelle) 2:00 – 3:00PM	
2:30		Creative Journaling & Writing in Recovery (Blue Room, Hannah & Laura) 2:30 – 3:30PM			
3:00			Motivation to Change (Orange Room, Francisco) 3:00 – 4:00PM	Games (Blue Room, Steve) 3:00 – 4:00PM	Fun in Recovery (Off-Site, Kessa) 2:30 – 4:30PM
3:30	Self Esteem (Purple Room, Francisco) 3:30 – 4:30PM	Men's Support (Blue Room, Francisco) 3:30 – 4:30PM			
4:00					
4:30			Road to Recovery (Blue Room, Steve) 4:00 – 5:00PM		
5:00					



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