

# COBBLESTONE COURT RECOVERY & WELLNESS GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00						
8:30						
9:00					<b>Food Bank Fridays</b> (Off site, Julienne) 9:00 – 10:00AM	
9:30						
10:00	<b>Power to Pay – Learning \$ Skills</b> (Sage Room, Sonia) 10:00 – 11:00AM	<b>Anger Management</b> (Coral Room, Robert) 10:00 – 11:00AM	<b>Wellness Recovery Action Plan (WRAP)</b> (Sage Room, Deborah) 10:00 – 11:00AM	<b>Sober Fun</b> (Off site, Viviana & Sonia) 10:00AM – 12:30PM		
10:30						
11:00	<b>SMART Recovery</b> (Sage Room, Nancy) 11:00AM – 12:00PM	<b>Cobblestone Chefs Cooking Group</b> (Sage Room, Liliane) 11:30AM – 1:00PM	<b>Self Esteem</b> (Sage Room, Liliane) 11:00AM – 12:00PM		<b>Building Communication</b> (Sage Room, Sarah B.) 11:00AM – 12:00PM	
11:30						
12:00	<b>Living in the Solution</b> (Silver Room, Sarah B.) 12:00 – 1:00PM		<b>Road to Recovery</b> (Sage Room, Sarah B.) 12:00 – 1:00PM			<b>Flexible Thinking</b> (Sage Room, Tina) 12:00 – 1:00PM
12:30						
1:00	<b>Dealing with Emotions</b> (Silver Room, Spencer) 1:00 – 2:00PM			<b>Recovery Unlimited</b> (Silver Room, Nancy) 1:00 – 2:00PM	<b>*DD Anger Management</b> (Coral Room, Deborah) 1:00 – 2:00PM	<b>Recovery Bingo</b> (Silver Room, Liliane) 1:00 – 2:00PM
1:30						
2:00	<b>Empowered Living</b> (Silver Room, Tina) 2:00 – 3:00PM	<b>Express Yourself – Arts &amp; Crafts</b> (Silver Room, Julienne) 2:00 – 3:30PM	<b>S.U.P.E.R. Group</b> (Silver Room, Tina) 2:00 – 3:00PM			
2:30						
3:00						
3:30		<b>*DD Healthy Relationships</b> (Silver Room, Spencer) 3:30-4:30PM		<b>Parenting</b> (Silver Room, Deborah) 3:00 – 4:30PM		
4:00						
4:30			<b>Anger Management</b> (Coral Room, Cassandra) 4:00-5:00PM			
5:00						



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

## GROUP DESCRIPTIONS

**ANGER MANAGEMENT:** 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, and how to improvise and shift strategies to meet different types of challenges.

**FOOD BANK FRIDAYS:** Learn the essentials for utilizing the Community Food Bank. Group leaves at 10am on the last Friday of every month, to Marana.

**DD HEALTHY RELATIONSHIPS:** In this group, members explore the relationships in their life, including the relationships they have with themselves. We discuss the impact that our families of origin have had on our lives and on our current relationships. We also discuss codependency, sex and love addictions, and how to set healthy boundaries.

**LIVING IN THE SOLUTION:** A positive interactive group to overcome anxiety and depression. Step outside of the ordinary and into the solution.

**PARENTING:** This 21-week group teaches parenting for families with children from birth through teenage years. Learn new and creative ways to parent children through positive communication, promoting respect, responsibility, decision making and health.

**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!

**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.

**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.