

# Recovery & Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00-11:00 <b>Road to Recovery</b></p> <p>11:00-12:00 <b>Employment Outlook</b></p> <p>1:00-2:00 <b>SMART</b></p>	<p>10:00-11:00 <b>SMART</b></p> <p>1:00-2:30 <b>Express Yourself</b></p>	<p>10:00—11:00 <b>Recovery Unlimited</b></p> <p>2:00—3:00 <b>Ignite Your Life</b> (Ages 18-24 only)</p> <p>3:00—4:00 <b>Motivation for Change</b></p>	<p>10:00-11:00 <b>Newcomers Group</b></p> <p>1:30-2:30 <b>Coping Skills</b></p> <p>4:30-6:00 <b>Parenting</b></p>	<p>10:00—11:00 <b>Road to Recovery</b></p> <p>1:00—3:00 <b>Friday Fun Group</b></p>

CODAC at ALVERNON

630 N. Alvernon

8.4.2017



## **BASKETBALL**

Come have fun with our indoor Basketball group and increase your physical activity. No experience necessary and beginners are welcomed.

## **BODY POSITIVE**

Accept and embrace your body in this wellness group focused on self-care, mindfulness, and movement. You will gain a greater appreciation for your body and participate in fun activities.

## **BOWLING**

Come have fun with our Bowling group and increase your physical activity. No experience necessary.

## **BUILDING COMMUNICATION**

Learn the essentials for building healthy relationships in your life. You will learn how to establish healthy boundaries and improve communication skills.

## **COPING SKILLS**

Learn independent living, social and communication skills so that you can live independently in the community.

## **DRUMMING**

This ancient therapeutic tradition uses rhythm to promote physical and emotional healing and to nurture self-expression.

## **EMPLOYMENT OUTLOOK**

Plan for your future and learn skills needed to volunteer or find employment.

## **EXPRESS YOURSELF**

Focus on your recovery through creative self-expression. Participants paint, craft, sculpt and more. Materials are provided.

## **MOTIVATION FOR CHANGE**

A motivational support group to empower growth through peer support and positive change. This group is focused on making positive changes, finding strength within and improving health and wellness through lifestyle changes.

## **NEWCOMER GROUP**

This group will orient new members to CODAC services. Members will learn self-advocacy skills and how to build a healthy foundation so that they can ultimately graduate out of services.

## **PARENTING**

This 21-week group teaches parenting skills that can be applied to children from birth through teenage years. The group helps parents learn new and creative ways to parent their children by teaching positive communication, promoting respect, responsibility, decision making, and healthy parenting styles.

## **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 healthy alternative behaviors to prevent drug and alcohol relapse.

## **SELF ESTEEM**

Focus on increasing your self-esteem and building self-worth. You will learn ways to build your confidence and feel better about yourself.

## **SMART Recovery**

SMART stands for Self Management and Recovery Training. If you would like to work on changing behaviors, such as drug or alcohol use, come join us to learn the tools to be able to do so.

## **SKILLS TO PAY THE BILLS**

Learn skills for independent living necessary to maintain a house, budget, keep organized, prevent financial crisis, and live within your means.

## **STRETCH & RELAX**

Relieve stress, improve flexibility and strengthen your muscles with this gentle stretch and relaxation class. No experience necessary.

## **VALEDICTORIAN GROUP**

For members who have engaged in services for more than 2 years: this group focuses on outside supports for members who have yet to build a foundation outside of CODAC services. Encourages use of community resources, volunteer opportunities, and establishing employment.

**W.H.A.M.** Whole Health Action Management (WHAM) promotes whole-person health by reviewing topics such as improving eating habits, physical activity, positive thinking, and sense of purpose and meaning in life.

