



# Cobblestone Group Calendar

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am					Food Bank Fridays
10:00 am	Power to Pay Learning money skills	WHAM Whole Health Action Management 10:00-12:00	WRAP Wellness & Recovery Action Plan	Tranquility Garden	Recovery Unlimited
11:00 am	SMART Recovery		Self Esteem	Sober Fun 11-12:30	Building Communication
12:00 pm	Living in the Solution		Road to Recovery		Flexible Thinking
1:00 pm	Coping Skills		Recovery Unlimited	Movement Group	Recovery Bingo
2:00 pm	Empowered Living	Express Yourself Arts and Crafts 2:00-3:30	S.U.P.E.R Group	Street Yoga	
3:00 pm				Parenting 3:00—4:30	
4:00 pm					
5:00 pm					

**COBBLESTONE COURT**



**1075 E. Ft Lowell Rd.**

Modified  
1.5.18



# Cobblestone Group Calendar

## Descriptions

### **BUILDING COMMUNICATION**

Learn the essentials for communicating to other human beings and building healthy relationships.

### **COPING SKILLS**

Learn skills to tolerate life's ups and downs, participate in the community, and to function independently.

### **CREATIVE EXPRESSION**

Express yourself with writing, journaling, drawing, and other creative forms. Materials are provided and you may also bring your own.

### **EXPRESS YOURSELF**

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.

### **FLEXIBLE THINKING**

Learn new 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 allowing us to step outside of the ordinary and into the solution.

### **POWER TO PAY**

Learn money skills for independent living, maintaining a house, budgeting, organization, prevent financial crisis, and live within your means.

### **S.M.A.R.T. RECOVERY**

Learn to live independent of addictive behaviors, coping with urges, managing thoughts, and to have a balanced recovery.

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

### **SELF-ESTEEM**

Change self-defeating thoughts and overcome self-doubt. Learn to use affirming thoughts, enlarge possibilities, and create a positive self image.

### **STREET YOGA**

### **SOBER FUN**

Get out into the community to experience learning how to have fun by going to various places such as bowling, museum, long drive, park, and other places. Members also learn how to be spontaneous, be active, and how to socialize with their peers and their communities to enhance their ideas and 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 desire to talk about. An open dialogue utilizing positive communication skills, promoting respectful interaction and getting results. A group that was derived by members sharing in one another's recovery.

### **Tai Chi**

Tai Chi does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

### **W.H.A.M.**

Whole Health Action Management 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.

### **W. R. A. P.**

Wellness Recovery Action Plan is 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.

### **ZUMBA**

Dance to great music, with great people, and burn a ton of calories without even realizing it.