



# Alvernon Recovery & Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00-11:00AM <b>Road to Recovery (Blue Room)</b></p> <p>11:00-12:00PM <b>Employment Outlook (Orange Room)</b></p> <p>1:00-2:00PM <b>SMART (Blue Room)</b></p> <p>2:00-3:00PM <b>Women's Support (Blue Room)</b></p>	<p>10:00-11:00AM <b>SMART (Blue Room)</b></p> <p>11:00—12:00PM <b>Newsletter Group (Purple Room)</b></p> <p>1:00-2:30PM <b>Express Yourself (Blue Room)</b></p> <p>2:00-3:00PM <b>Dual Diagnosis Group (Blue)</b></p>	<p>8:30– 9:00AM <b>Food Group (Blue Room)</b></p> <p>9:00 AM <b>Food Bank (off site)</b></p> <p>10:00—11:00AM <b>Recovery Unlimited (Blue Room)</b></p> <p>11:00-12:00PM <b>Skills to Pay the Bills (Blue Room)</b></p> <p>3:00—4:00PM <b>Motivation to Change (Orange Room)</b></p> <p>5:00-6:00PM <b>Road to Recovery (Blue Room)</b></p>	<p>10:00-11:00AM <b>Newcomers Group (Blue Room)</b></p> <p>2:00—3:00PM <b>Coping Skills (Blue Room or in the Park)</b></p> <p>3:00-4:00PM <b>Games (Blue Room)</b></p> <p>4:30-6:00PM <b>Parenting (Purple Room)</b></p>	<p>9:00-10:00AM <b>Let's Get Moving (TBD, STARTS 3/2)</b></p> <p>10:00—11:00AM <b>Road to Recovery (Blue Room)</b></p> <p>11-12:30PM <b>Art of Expression (Purple Room)</b></p> <p>1:00—3:00PM <b>Friday Fun Group (off site)</b></p>

## **ART OF EXPRESSION**

Express your thoughts, feelings and emotions using art. Use your imagination and various art techniques / mediums while having fun with others. Weather permitting, there will be out of office trips to the park to provide a safe and peaceful environment to capture nature. Materials provided. This group caters to our over-50 members, although everyone is welcome.

## **COPING SKILLS**

When you start to feel anxious in public, what can you do to manage the anxiety so it doesn't manage you? When you notice a conversation going the wrong way, what can you say to bring it back around? How do you cope when you dread going to work? Meet with other like-minded people and share what works. Learn new skills so you can accomplish more of what you want and live more of the life you choose.

## **DUAL DIAGNOSIS**

Grappling with both an addiction and an accompanying behavioral health diagnosis? Emphasis is on how ones' addiction and behavioral health affliction are often linked and how addiction is invariably a means of self-medicating depression, anxiety, PTSD, and other behavioral health afflictions. We explore coping strategies, confront triggers, and work on regaining self-esteem and a positive perspective on ones' life.

## **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.

## **FOOD GROUP**

A short group focused on how to make tasty, healthy meals and snacks with foods that are often available at the Food Bank. We touch on how food impacts mood and health. Once a month we practice making nutritious snacks.

## **FRIDAY FUN GROUP**

Come have fun with us and increase your physical activity! No experience necessary! We bowl, do miniature golf, and visit cool places around town.

## **GAMES**

Enjoy board games and activities, meet new people, socialize! Different recovery tools are incorporated into games and discussions. Join us, you'll be glad you did!

## **MOTIVATION FOR CHANGE**

A motivational support group to empower growth and positive change. We focus finding strength within and improving health and wellness through lifestyle changes.

## **NEWCOMER GROUP (ALL BEHAVIORAL HEALTH CONDITIONS)**

**If you are in your first year of recovery** this group's for you! We focus on using acceptance as the foundation for recovery over the long-haul. We work on acquiring skills to effectively deal with symptoms and common themes that arise during the first year of recovery, including how best to use services at CODAC and natural community supports.

## **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 (ALL BEHAVIORAL HEALTH CONDITIONS)**

Learn about recovery through a variety of engaging activities, including worksheets, art, games, feedback, visualization and more.

## **ROAD TO RECOVERY from ADDICTIONS**

Learn new ways of handling challenges involved with long-term sobriety. Learn healthy alternative behaviors to prevent drug and alcohol relapse.

## **SMART Recovery (ADDICTIONS)**

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

## **SKILLS TO PAY THE BILLS**

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

## **WOMEN'S SUPPORT GROUP**

Tell it like it is! Get support from other women with similar experiences and share what helps you stay committed to recovery. This group is a great place to form those special bonds that get us through those hard times. Join us, we'll be here for you.