



Country Club Site Group Schedule

1600 N. Country Club Rd. | 85716

	Monday		Tuesday		Wednesday		Thursday		Friday	
8:00										
8:30										
9:00										
9:30	Women in Recovery 9:30-11:00 (Katlyn) <i>Women's Gender Specific</i>		Domestic Violence 9:30-11:00 (Katlyn) <i>Women's Gender Specific</i>		SMART (Katrina) 9:30-11:00	MRT (Katlyn) 9:30-11:00 <i>Women's Gender Specific</i>		Healthy Relationship (Heather) 9:30-11:00		
10:00										
10:30		Creative Time (Chance) 10:30-12:30								
11:00										Bowling 11:00 -1:30 (Chance) Must RSVP for this group.
11:30	Substance Abuse Education (Katlyn) 11:30-12:30				Relapse Prevention (Katrina) 11:30-12:30	Domestic Violence 11:30-1:00 (Katlyn) <i>Women's Gender Specific</i>	Speak Up and Speak Out 12:00-2:00 <i>This group only happens the 3rd Thursday of the month.</i>	Seeking Safety (Carlea Jo) 11:30-1:00		
12:00										
12:30			Parenting & Pathways (Carlea Jo) 12:00-1:30							
1:00										
1:30			Healthy Relationship 1:30-2:30 (Cynthia A)							
2:00	Relapse Prevention (Katrina) 2:00-3:00	*"I thought it was just me" Shame and Trauma (Alana) 2:00-3:30	Transwoman Healing Circle (Luisa) 2:30-4:00	Anger Management 2:30-3:30 (Cynthia A)	Seeking Safety (Carlea Jo) 2:00-3:30	Women in Recovery 2:00-3:30 (Katlyn) <i>Women's Gender Specific</i>	Thai Chi (Daniel) 2:00-3:00			Community Gathering (Daniel) 2:00-4:00
2:30										
3:00										
3:30										
4:00				* Strengthening Families 4:00-6:00	*Celebrating Families Infant Group 3:30-4:00	Healthy Choices (Cynthia C) 4:00-5:00 <i>Youth Only</i>		LGTBQIA Bereavement Group (Ann) 3:30-5pm		
4:30					*Celebrating Families Dinner 4:30-5:15					
5:00										
5:30										
6:00					*Celebrating Families Break out Group 5:15-6:30					
6:30					*Celebrating Families Family Group 6:30-7:00					
7:00										

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-Gender specific group are for individuals who identify as female, and focus on women specific issues



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<p>*Celebrating Families! (Referral Only)</p>	<p>The <i>Celebrating Families!</i>™ curriculum is an evidence based cognitive behavioral support model written for families in which one or both parents have a serious problem with alcohol or other drugs. The program works with every member of the family to strengthen recovery from alcohol and other drugs, to break the cycle of addiction, and to increase successful family reunification. See your RC about this 16 week program.</p>	<p>**I thought it was just me” Shame and Trauma Referral Only</p>	<p>This process group explores the work of Brene Brown and focuses on building self-love, belonging, resiliency and authenticity in recovery from PTSD. Questions that the group centers around include: What is shame? Can you recognize your shame triggers? What is shame resilience? Do you know the power of empathy? How do you want to be perceived? How do you not want to be perceived? How do you cope? How do you disconnect from others? How can you reach out to people for help?</p>
<p>*Strengthening Families (Referral Only)</p>	<p>Seven-week evidence-based program designed to build the skills needed to raise a healthy family. Families work in age-appropriate groups to address problem behaviors, develop social skills, learn how to set boundaries and strengthen the child-parent bond.</p>	<p>LGBTQIA Bereavement Group (adults)</p>	<p>This is a group specifically for members of the LGBTQIA community. The purpose of the group is to allow members of the community who are at any place in their bereavement processes to work with a therapist with specialized training in grief, and to get support from other members of the LGBTQIA community. The group will be open to new members with group therapist approval.</p>
<p>Domestic Violence (adults)</p>	<p>This is a psycho-educational group facilitated by a therapist. This group focuses on the dynamics of domestic violence, systemic issues, raising awareness, learning alternatives to abusive behavior, changing our attitude toward all definitions of abuse, and the prevention of future violence. This group is open to both abusers, and those who have been, or are currently being abused. *This is not a certified DV course, check with probation/court orders prior to taking this group for legal purposes.</p>	<p>Anger Management (adults)</p>	<p>Anger Management is a 12 session therapeutic treatment group designed to enable participants to learn, practice, and integrate strategies that help control anger and lead to improved relationships with others in their lives. Family members welcome.</p>
<p>Healthy Relationships (adults)</p>	<p>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.</p>	<p>Transwoman Healing (adults)</p>	<p>This talking circle is a safe space for transwomen and trans feminine folks to talk about experiences, needs, concerns and any other topics related to health and wellness. Topics fluctuate each week, though generally the group discusses safety and security, sex and sexuality, relationships, gender con-formation services and community issues in general.</p>
<p>(MRT) Moral Reconation Therapy (adults)</p>	<p>This group encourages assessment of the self and current relationships, reinforcement of positive behavior and habits, positive identify formation, decrease in oppositional beliefs and behaviors, and the development of higher stages of moral reasoning.</p>	<p>Creative Time (adults)</p>	<p>Different projects each month to help with mental health disorders such as anxiety or depression. Come create with community. We will draw, or paint, or write, or sing, or... No prior experiences necessary; lots of support to learn, develop or expand your creative self.</p>
<p>Parenting (adults)</p>	<p>This group utilizes the evidenced based model, STEP (Systematic Training for Effective Parenting), which provides valuable tools to improve communication among family members and lessens conflict. For DCS involved women, this group also teaches about effective communication, dependency rights and expectations for going through the system.</p>	<p>Thai Chi (adults)</p>	<p>Mind and body work out that combines strengthening and stretching poses with deep breathing and meditation or relaxation.</p>
<p>Substance Abuse Education (adults)</p>	<p>This is an educational group that teaches how drugs and other substances impact the brain and body. Topics include the history of drugs, social and legal influences, short and long term effects of use on the body and brain, withdrawal, drug interactions, and more.</p>	<p>Bowling (adults)</p>	<p>A group focused on connecting with your community in a fun and interactive way! This is a great opportunity to engage with individuals who may come from a similar walk of life.</p>
<p>SMART (Self-Management And Recovery Training) (adults)</p>	<p>This group aims to support individuals who have chosen to abstain, or are considering abstaining from any type of addictive behaviors by teaching how to change self-defeating thinking, emotions, and actions, and to work toward long-term satisfactions and quality of life.</p>	<p>Community Gathering (adults)</p>	<p>A group focused on teaching, learning and accessing community resources in Tucson that support and reflect positively the 8 dimensions of intersectionality, gender identify, sexual orientation, nationality, race, class, age , disability, and religion</p>
<p>Women in Recovery (adults)</p>	<p>Using a gender-specific approach, this group addresses four main issues: Self, Relationships, Sexuality, and Spirituality. It addresses addiction, developing a deeper understanding of self, learning positive self-soothing skills, developing a sense of safety for trauma survivors, and fostering empowerment for healthier decisions.</p>	<p>Speak Up and Speak Out (adults)</p>	<p>Member advisory board. We are looking for members that will provide input about the programming at LOL. Working to have a group of 8-10 members that will provide feedback about LOL, and help plan events.</p>
<p>Seeking Safety (adults)</p>	<p>Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative.</p>	<p>Healthy Choices (13-17 years-old only)</p>	<p>The groups consist of an 8 week interactive class-room curriculum that covers the topics of self-esteem, puberty, sexual/reproductive anatomy & physiology, HIV/AIDS, STIs, safer sex protection methods, relationships and communication. Mem-bers participate individually and in groups during group activities.</p>

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