



Alvernon Recovery & Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00-11:00 AM Road to Recovery (Blue Room, William)</p> <p>11:00-12:00PM Employment Outlook (Orange Room, Eddie)</p> <p>11-12:30 Art of Expression (All ages, Blue Room, Deborah)</p> <p>1:00-2:00 PM Relapse Prevention (Blue Room, Pennie)</p> <p>2:00-3:00PM Women's Support (Blue Room, Karen)</p>	<p>9:00-10:00 Easy Yoga (Blue Room, Tamara)</p> <p>10:00-11:00AM SMART (Blue Room, William)</p> <p>11:00—12:00PM Newsletter Group (Purple Room, Pennie)</p> <p>1:00-2:30PM Express Yourself (Blue Room, Casey)</p> <p>2:30-3:30PM Dual Diagnosis Group (Blue, Marc)</p>	<p>8:30– 9:00AM Food Group (Blue Room, Tamara)</p> <p>9:10 AM Community Group (Off site, Pennie)</p> <p>10:00—11:00AM Recovery Unlimited (Blue Room, Jo)</p> <p>11:00-12:00PM Skills to Pay the Bills (Blue Room, Jo)</p> <p>3:00—4:00PM Motivation to Change (Orange Room, Karen)</p> <p>5:00-6:00PM Road to Recovery (Blue Room, Karen)</p>	<p>10:00-11:00AM Newcomers Group (Blue Room, Marc)</p> <p>11:30-1:00 PM WHAM Group (Closed, referral only, see Casey)</p> <p>1:00-2:00 PM Tobacco Awareness Group (Purple Room, Dina)</p> <p>2:00—3:00PM Coping Skills (Blue Room, Michelle or Casey)</p> <p>3:00-4:00PM Games (Blue Room, Ryan)</p> <p>4:30-6:00PM Parenting (Purple Room, Perla)</p>	<p>8:15 AM Sun Tran Run for monthly bus passes (2nd Friday of each month ONLY; alternating staff)</p> <p>9:00-10:00AM Let's Get Moving (Off site, Ryan)</p> <p>10:00—11:00AM Road to Recovery (Blue Room, William)</p> <p>11-12:30PM Art of Expression (Ages 50+, Purple Room, Deborah)</p> <p>1:00—3:00PM Friday Fun Group (off site, William or designee)</p>

ART OF EXPRESSION (Mondays & Fridays)

Express thoughts, feelings and emotions using art. Use your imagination while having fun with others. Monday's group is open to all ages and Friday's group is for members 50 and better.

COMMUNITY GROUP

Scheduled trips to food and clothing banks. Food bank: 2nd & 4th Wednesdays, Clothing bank: 1st & 3rd Wednesdays of each month. Learn social skills, and how to approach community resources to get help.

COPING SKILLS

When you start to feel anxious in public, how can you 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? Learn new skills, live more of the life you choose!

DUAL DIAGNOSIS

Grappling with both an addiction and a behavioral health diagnosis? Learn how addiction is often a means of coping with depression, anxiety, PTSD, and other conditions. Explore coping strategies, confront triggers, regain self-esteem and a positive perspective on life.

EASY YOGA

Stretch and breathe, manage stress, improve health through easy yoga.

EMPLOYMENT OUTLOOK

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

EXPRESS YOURSELF

Engage in creative self-expression. Participants paint, craft, sculpt and more. Materials provided.

FOOD GROUP

Make tasty, healthy meals and snacks with foods often available at the Food Bank. We touch on how food impacts mood and health. Eat well!

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, meet new people, socialize! Different recovery tools are incorporated into games and discussions. Join us, you'll have fun!

MOTIVATION FOR CHANGE

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

NEWCOMER GROUP (ALL BEHAVIORAL HEALTH CONDITIONS)

In your first year of recovery? This group's for you! Learn to use acceptance as the foundation for recovery over the long-haul. Learn to deal with common themes arising during the first year, including how best to use CODAC and natural community supports.

PARENTING

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

RECOVERY UNLIMITED (ALL BEHAVIORAL HEALTH CONDITIONS)

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

RELAPSE PREVENTION (ADDICTIONS)

This structured group teaches skills vital to staying in recovery from addictions.

ROAD TO RECOVERY from ADDICTIONS

Learn to handle challenges involved with long-term sobriety, learn healthy alternatives to drugs / alcohol.

SKILLS TO PAY THE BILLS

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

SMART RECOVERY (ADDICTIONS)

Self Management and Recovery Training. If you would like to change drug or alcohol use, join us to learn the tools!

TOBACCO AWARENESS GROUP

What are the pros and cons of continuing tobacco use? Learn the facts about tobacco and it's interaction with other substances.

WHAM

10-week Whole Health Action Management, a person centered approach to assist members in creating and working towards a whole health goal. This group is for those with both a physical and behavioral diagnoses. Speak to your Recovery Coach if interested.

.WOMEN'S SUPPORT GROUP

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