



# Country Club Site Group Schedule

1600 N. Country Club Rd. | 85716

	Monday		Tuesday		Wednesday		Thursday		Friday	
Please note that if you are more than 5 minutes late for group you will not be able to attend. Please be on time.										
9:00					SMART (Katrina) 9:30-11:00	*Gardening Group (Lauren) <i>Sign up with front desk if interested.</i>				
9:30	Women in Recovery 9:30-11:00 (Katlyn)	Creative Time (Chance)	Domestic Violence 9:30-11:00 (Katlyn)		SMART (Katrina) 9:30-11:00	*Gardening Group (Lauren) <i>Sign up with front desk if interested.</i>	MRT (Katlyn) 9:30-11:00		Healthy Relationships (Heather) 9:30-11:00	
10:00			Women's Gender Specific	Women's Gender Specific			Women's Gender Specific			
10:30										
11:00									Bowling 11:00 -1:30 (Chance)	
11:30	Substance Abuse Education (Katlyn) 11:30-12:30	10:30-12:30			Relapse Prevention (Katrina) 11:30-12:30		Domestic Violence 11:30-1:00 (Katlyn)	Speak Up and Speak Out 12:00-2:00	Seeking Safety (Cynthia A) 11:30-1:00	
12:00			Parenting & Pathways (Carlea Jo) 12:00-1:30		Parenting & Pathways (Carlea Jo) 12:00-1:30		Women's Gender Specific		This group only happens the 3 <sup>rd</sup> Thursday of the month.	
12:30					Parenting & Pathways (Carlea Jo) 12:00-1:30					
1:00					Parenting & Pathways (Carlea Jo) 1:00-2:30pm					
1:30			Healthy Relationships 1:30-2:30 (Cynthia A)		Healthy Relationships 1:30-2:30 (Cynthia A)					
2:00	Relapse Prevention (Katrina) 2:00-3:00	**"I thought it was just me" Shame and Trauma (Alanna) 2:30-3:30	Transwoman Healing Circle (Luisa) 2:30-4:00	Anger Management 2:30-3:30 (Cynthia A)					Tai Chi and Yoga (Daniel) 2:00-3:00pm	Community Gathering (Daniel)  2:00-4:00
2:30					*Cooking Group- Starts 4/3/18 3-4:30pm (Chance)  <i>Sign up with front desk if interested.</i>					
3:00										
3:30					*Celebrating Families Infant Group 3:30-4:00					LGTBQIA Bereavement Group (Ann) 3:30-5pm
4:00			* Strengthening Families 4:00-6:00 (Next cycle starts 3/3/18)		*Celebrating Families Dinner 4:30-5:15	Healthy Choices- Starts 3/28/17 Ages 13-17y/o (Cynthia C) 4-5pm	LOL Youth Social for LGBTQ+ youth- Starts (Mary Kaye) 4-5:30pm			
4:30										
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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<p><b>LOL Youth Social for LGBTQ+ youth- Starts 3/29/17</b></p>	<p>Support and social group for LGBTQI adolescents 12-17y/o. The group is an opportunity for youth to have a safe space to connect with like-minded peers, as well as getting out into the community. Youth will have the opportunity to explore Tucson's community resources and have fun while learning how to apply the ideas to their everyday lives. Group will also include guest speakers from SAGA (Southern Arizona Gender Alliance) and SAAF (Southern Arizona AIDS Foundation).</p>	<p><b>Healthy Choices- Starts 3/28/17 Ages 13-17y/o</b></p>	<p>The groups consist of an 8 week interactive class-room curriculum that covers the topics of self-esteem, puberty, sexual/reproductive anatomy &amp; physiology, HIV/AIDS, STIs, safer sex protection methods, relationships and communication. Mem-bers participate individually and in groups during group activities.</p>
<p><b>*Celebrating Families! (Referral Only)</b></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><b>*"I thought it was just me" Shame and Trauma (Referral Only)</b></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><b>*Strengthening Families (Referral Only)</b></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><b>LGBTQIA Bereavement Group (adults)</b></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><b>Domestic Violence (adults)</b></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><b>Anger Management (adults)</b></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><b>Healthy Relationships (adults)</b></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><b>Transwoman Healing (adults)</b></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><b>(MRT) Moral Reconation Therapy (adults)</b></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><b>Creative Time (adults)</b></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><b>Parenting (adults)</b></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><b>Thai Chi and Yoga (adults)</b></p>	<p>Mind and body work out that combines strengthening and stretching poses with deep breathing and meditation or relaxation.</p>
<p><b>Substance Abuse Education (adults)</b></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><b>Bowling (adults)</b></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><b>SMART (Self-Management And Recovery Training) (adults)</b></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><b>Community Gathering (adults)</b></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><b>Women in Recovery (adults)</b></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><b>Speak Up and Speak Out (adults)</b></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><b>Seeking Safety (adults)</b></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><b>Cooking Group (adults)</b></p>	<p>This is a 6 week group, attendance required, as spaces are limited. Sign up with the front desk and the facilitator will contact you. In this group you will learn basic cooking skills, quick meals, and healthy eating. This is also a great opportunity to come socialize!</p>
<p><b>Gardening Group (adults)</b></p>	<p>Come enjoy the peaceful hobby of Gardening! This is a 7 week group, attendance required, as spaces are limited. Sign up with the front desk and you will be contacted by the group facilitator. In this group you will learn some Mindfulness skills, explore community gardens, and gain gardening skills.</p>		

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