

# ALVERNON RECOVERY & WELLNESS GROUPS (effective 11/4/19)

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>8:00</b>						
<b>8:30</b>			<b>Joyful Eating</b> (Blue Room, Perla) 8:30 – 10:00AM			
<b>9:00</b>		<b>Chair Yoga</b> (Blue Room, Dee) 9:00 – 10:00AM			<b>Chair Yoga</b> (Off-Site, Dee) 9:00 – 10:00AM	
<b>9:30</b>						
<b>10:00</b>	<b>Road to Recovery</b> (Blue Room, Tim) 10:00 – 11:00AM	<b>SMART Recovery</b> (Blue Room, Jessica) 10:00 – 11:00AM	<b>Community Group</b> (Off-Site, Kessa) 10:00 – 11:00AM	<b>Newcomers Group</b> (Blue Room, Rene) 10:00 – 11:00AM	<b>Road to Recovery</b> (Blue Room, Tim) 10:00 – 11:00AM	
<b>10:30</b>						
<b>11:00</b>		<b>Newsletter Group</b> (Purple Room, Kessa) 11:00AM – 12:00PM	<b>Recovery Unlimited</b> (Blue Room, Jessica) 11:00AM – 12:00PM		<b>Art of Expression – Age 50+</b> (Blue Room, Michelle) 11:00AM – 12:30PM	
<b>11:30</b>						
<b>12:00</b>						
<b>12:30</b>						
<b>1:00</b>	<b>Relapse Prevention</b> (Blue Room, Laura) 1:00 – 2:00PM	<b>Express Yourself</b> (Blue Room, Tim) 1:00 – 2:30PM		<b>Building Communication</b> (Purple Room, Jessica) 1:00 – 2:00PM		
<b>1:30</b>						
<b>2:00</b>	<b>Women’s Support</b> (Blue Room, Michelle) 2:00 – 3:00PM		<b>Creative Journaling &amp; Writing in Recovery</b> (Blue Room, Laura) 2:30 – 3:30PM		<b>Coping Skills</b> (Blue Room, Michelle) 2:00 – 3:00PM	
<b>2:30</b>						
<b>3:00</b>		<b>Men’s Support</b> (Blue Room, Rene) 3:30 – 4:30PM		<b>Motivation to Change</b> (Orange Room, Dora) 3:00 – 4:00PM	<b>Games</b> (Blue Room, Perla) 3:00 – 4:00PM	<b>Fun in Recovery</b> (Off-Site, Kessa) 2:30 – 4:30PM
<b>3:30</b>	<b>Self Esteem</b> (Purple Room, Dee) 3:30 – 4:30PM		<b>Road to Recovery</b> (Blue Room, Perla) 4:00 – 5:00PM		<b>Parenting</b> (Purple Room, Laura) 3:30 – 5:00PM	
<b>4:00</b>						
<b>4:30</b>						
<b>5:00</b>						



CODAC at Alvernon: 630 N. Alvernon Way | Tucson, AZ 85716

Phone: (520) 327-4505

## GROUP DESCRIPTIONS

**Art of Expression (Ages 50+):** Express thoughts, feelings and emotions using art. Use your imagination while having fun with others.

**Building Communication:** Learn the essentials for building healthy relationships in your life. You will learn how to establish healthy boundaries and improve communication skills.

**Community Group:** Scheduled trips to food and clothing banks. Food Bank: 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays. Clothing Bank: 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays. Learn social skills and how to approach community resources for 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!

**Creative Journaling & Writing in Recovery:** Love to write? Looking for ways to express yourself in writing and a place to share it that supports recovery? This is the group for you!

**Chair Yoga:** Stretch and breathe, manage stress and improve your 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.

**Joyful Eating:** 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!

**Fun in Recovery:** Come have fun with us and increase your physical activity! No experience necessary! We bowl, play mini golf, and visit cool places.

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

**Let's Get Moving:** Discover fun and easy ways to incorporate physical activity into your everyday life without going to the gym. Be prepared to get moving and wear appropriate clothing and shoes.

**Men's Support Group/Women's Support Group:** Get support from others with similar experiences and share what helps you stay committed to recovery. A great place to form special bonds that get us through those hard times.

**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 mental/behavioral health conditions):** In your first year of recovery? This group is 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.

**Newsletter Group:** Write newsletter articles for CODAC's Member Newsletter.

**Parenting:** This 21-week group teaches parenting for families with 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 mental/behavioral health conditions):** Learn about recovery through a variety of engaging activities, including worksheets, games, feedback, visualization and more.

**Relapse Prevention (substance use):** This structured group teaches skills vital to staying in recovery from substance use.

**Road to Recovery from Substance Use:** Learn to handle challenges involved with long-term sobriety and healthy alternatives to drugs and alcohol.

**Self-Esteem Group:** Talk about how you feel about yourself, how you'd like to feel about yourself and ways to get there. Learn from & support others.

**SMART Recovery (substance use):** Self Management and Recovery Training (SMART). IF you would like to change your drug or alcohol use, join this group to learn the tools.