

COBBLESTONE COURT RECOVERY & WELLNESS GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
8:30					
9:00					Food Bank Fridays (Off site, Krystal) 9:00 – 10:00AM
9:30					
10:00		Anger Management (Coral Room, Francisco) 10:00 – 11:00AM	Wellness Recovery Action Plan (WRAP) (Sage Room, Francisco) 10:00 – 11:00AM	Sober Fun (Off site, Viviana) 10:00AM – 12:30PM	
10:30					
11:00	SMART Recovery (Sage Room, Nancy) 11:00AM – 12:00PM	Cobblestone Chefs Cooking Group (Sage Room, Krystal) 11:30AM – 1:00PM	Self Esteem (Sage Room, Krystal) 11:00AM – 12:00PM		Building Communication (Sage Room, Yvonne) 11:00AM – 12:00PM
11:30					
12:00	Living in the Solution (Sage Room, Yvonne) 12:00 – 1:00PM		Road to Recovery (Sage Room, Yvonne) 12:00 – 1:00PM		Bouncing Back! (Sage Room, Pauline) 12:00 – 1:00PM
12:30					
1:00	Dealing with Emotions (Sage Room, Spencer) 1:00 – 2:00PM		Recovery Unlimited (Sage Room, Nancy) 1:00 – 2:00PM		Recovery Bingo (Sage Room, Yvonne) 1:00 – 2:00PM
1:30					
2:00		Express Yourself – Arts & Crafts (Sage Room, Pauline) 2:00 – 3:30PM			
2:30					
3:00					
3:30		*DD Healthy Relationships (Silver Room, Spencer) 3:30-4:30PM		Parenting (Sage Room, Pauline) 3:00 – 4:30PM	
4:00					
4:30			Anger Management (Coral Room, Shannon) 4:00-5:00PM		
5:00					

CODAC at Cobblestone Court

1075 E. Ft. Lowell Road | Tucson, AZ 85719

Phone: (520) 327-4505



GROUP DESCRIPTIONS

ANGER MANAGEMENT: Learn what makes you angry and how to deal with frustration, irritation and anger before it builds up.

BUILDING COMMUNICATION: Learn the essentials for communicating to other human beings and building healthy relationships.

COBBLESTONE CHEFS: Learn creative ways to cook healthy meals using ingredients from the Food Bank and on a budget. The group covers basic kitchen safety, sanitary and cooking practices as well.

DEALING WITH EMOTIONS: Learn skills to tolerate life's ups and downs, participate in the community and function independently.

EXPRESS YOURSELF – ARTS & CRAFTS: Learn how to use crafts such as beading & crocheting as a coping skill.

FLEXIBLE THINKING: Learn thinking skills to adapt to new situations, and how to improvise and shift strategies to meet different types of challenges.

FOOD BANK FRIDAYS: Learn the essentials for utilizing the Community Food Bank. Group leaves at 10am on the last Friday of every month, to Marana.

DD HEALTHY RELATIONSHIPS: 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.

LIVING IN THE SOLUTION: A positive interactive group to overcome anxiety and depression. Step outside of the ordinary and into the solution.

RECOVERY BINGO: A fun and interactive group that focuses on having fun in recovery while conversing in a healthy way.

RECOVERY UNLIMITED: Learn about recovery through a variety of engaging techniques including worksheets, art, games, feedback & visualization.

ROAD TO RECOVERY: Learn new ways of handling challenges involved with long-term sobriety, including alternative behaviors to prevent relapse.

SELF-ESTEEM: Change self-defeating thoughts and overcome self-doubt. Use affirming thoughts, enlarge possibilities, & have a positive self-image.

S.M.A.R.T. RECOVERY: Learn to live independent of addictive behaviors, coping with urges, managing thoughts, and to have a balanced recovery.

SOBER FUN: Get out into the community to experience learning how to have fun by going to various places such as bowling, museums, parks and other places. Learn to be spontaneous, be active, and how to socialize with their peers and their communities. Learn how to have fun in sobriety!

WELLNESS RECOVERY ACTION PLAN (W.R.A.P.): A self-management and recovery system designed to help us incorporate wellness tools and strategies into our lives. WRAP prepares us to handle personal struggles, take care of ourselves, and maintain wellness.