

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am to 9:45am	Roundtable <b>Dining Room Archie</b>	Roundtable <b>Dining Room John</b>	Roundtable <b>Dining Room John</b>	Roundtable <b>Dining Room Archie</b>	Roundtable <b>Dining Room John S</b>
	Roundtable <b>Rm 7A &amp; 7B Rick</b>	Roundtable <b>Rm 7A &amp; 7B Debi W</b>	Roundtable <b>Rm 7A &amp; 7B Heather</b>	Roundtable <b>Rm 7A &amp; 7B Alishia</b>	Roundtable <b>Rm 7A &amp; 7B Christina</b>
	Accessing Resources <b>Suite 10 - GED Rebecca</b>	Accessing Resources <b>Suite 10 - GED Rebecca</b>	Accessing Resources <b>Suite 10- GED Rebecca</b>	Accessing Resources <b>Suite 10- GED Rebecca</b>	Accessing Resources <b>Suite 10- GED Rebecca</b>
10 am to 12:15 pm  Skills Programming	Skills to Manage Stress <b>Rm 7A and 7 E Dana</b>	Skills to improve Relationships <b>Rm 7A and 7 E Dana</b>	Skills to Improve Health and Wellness <b>Rm 7A and 7 E Dana</b>	Skills to find Inner Balance <b>Rm 7A and 7 E Christina</b>	Grief & Loss (Skills) <b>Rm 7A and 7 E Dana</b>
	Relapse Prevention Skills <b>7B Christina</b>	Skills for Improving Communication <b>Rm 7 B Alishia</b>	Skills for Independent Living <b>7B Rick</b>	Skills for Setting Boundaries <b>Rm 7B Angela</b>	Skills of Self Care <b>Rm 7 B Rick</b>
	All Participant Skills Education <b>Rm 10 A- &amp; Dining Room Heather</b> <b>Telehealth call for information Alishia</b>	All Participant Skills Education <b>Rm 10 A- &amp; Dining Room Archie</b>	All Participant Skills Education <b>Rm 10 A- &amp; Dining Room John S</b> <b>Telehealth, call for information, Alisha</b>	All Participant Skills Education <b>Room 10 A &amp; Dining Room Heather</b>	All Participant Skills Education <b>Rm 10 A &amp; Dining Room Heather</b> <b>Telehealth, call for information, Alisha</b>
	Expressions of Hope Skills <b>CREATIVE ARTS BUILDING Teresa</b>	Expressions of Hope Skills <b>CREATIVE ARTS Building Teresa</b>	Expressions of Hope Skills <b>CREATIVE ARTS Building Teresa</b>	Expressions of Hope Skills <b>CREATIVE ARTS BUILDING Teresa</b>	Expressions of Hope Skills <b>CREATIVE ARTS BUILDING Teresa</b>
	Pre- GED end @ 11:40 Rebecca Rm 10-GED (10) <b>Go to 10 B for Lunch</b>	Pre- GED end @ 11:40 Rebecca Rm 10-GED (10) <b>Go to 10 B for Lunch</b>	Pre- GED end @11:40 Rebecca Rm 10-GED (10) <b>Go to 10 B for lunch</b>	Pre- GED end@ @ 11:40 Rebecca Rm 10-GED (10) <b>Go to 10 B for lunch</b>	Pre- GED end @ 11:40 Rebecca Rm 10-GED (10) <b>Go to 10 B for lunch</b>
<b>LUNCH SERVED IN GROUP ROOMS 11:45 AM</b> Lunch and Learn Streaming Starts at 11:45 am – 12:15 pm All will need to join Access Code: 648-490-357 Lunch and Learn, Facilitator Robert on Monday- Alisha Tuesday- Friday 4 <sup>th</sup> Monday of the Month Lunch and Learn is the Advisory Council Meeting, Rebecca and Robert					
12:30 to 2:30 pm	Recovery Support Peer Support <b>Dining Room &amp; Rm 7A Alishia</b>	Staying Grounded in Recovery <b>Dining Room &amp; Rm 7A Christina</b>	Anger Management <b>Dining Room &amp; Rm 7A Archie</b>	Connection/ Support Peer support <b>Dining Room &amp; Rm 7A Jennifer B</b>	Self Help and Peer Support <b>Dining Room &amp; Rm 7A Heather</b>
	Seeking Meaning, Peer Support <b>7B John S</b>	Smart Recovery <b>Rm 7B Jessica</b>	Relapse Prevention Skills <b>Rm 7B Christina</b>	LGBT Support Group (peer Support ) <b>Rm 7B Rick</b>	Guided Relaxation Skills <b>Rm 7B Debi W</b>
	Smoking Cessation - BHP <b>7 E Archie</b>	Recovery In Action - BHP <b>7 E John</b>		Smoking Cessation BHP <b>7E Archie</b>	Recovery in action - BHP <b>7 E John</b>
	Spirituality <b>Rm 10 A Dana</b>	Women's Health and Wellness <b>Rm 10 A Angela</b>	Recovery Planning <b>Rm 10 A Deb W</b>	Positive Thinking Skills <b>Rm 10 A John S</b>	Men's Health and Wellness <b>Rm 10 A Archie</b>
	Expressions of Hope- Open Studio <b>Creative Arts Building Angela</b>	Expressions of Hope Open Studio <b>Creative Arts Building Teresa</b>	Expressions of Hope Open Studio <b>Creative Arts Building Angela</b>	Expressions of Hope Open Studio <b>Creative Arts Building Alishia</b>	Expression of Hope Open Studio <b>Creative Arts Building Angela</b>
	Pre- GED <b>Rm 10-GED Rebecca</b>	Pre- GED <b>Rm 10-GED Rebecca</b>	Pre- GED <b>Rm 10-GED Rebecca</b>	Pre- GED <b>Rm 10-GED Rebecca</b>	Pre- GED <b>Rm 10-GED Rebecca</b>
2:45 pm to 5pm	CAMPUS CONNECT Dining Room, 7A, 7 B GYM and Pool Room open at 3:15 after presentation <b>Dinner Served in Group rooms at 4:30 pm</b>	CAMPUS CONNECT Dining Room, 7A, 7 B, GYM and Pool Room open at 3:15 after presentation <b>Dinner Served in Group rooms at 4:30 pm</b>	CAMPUS CONNECT Dining Room, 7A, 7 B, GYM and Pool Room open at 3:15 after presentation <b>Dinner Served in Group rooms at 4:30 pm</b>	CAMPUS CONNECT Dining Room, 7A, 7 B, GYM and Pool Room open at 3:15 after presentation <b>Dinner Served in Group rooms at 4:30 pm</b>	CAMPUS CONNECT Dining Room, 7A, 7 B, GYM and Pool Room open at 3:15 after presentation, <b>Dinner Served in Group rooms at 4:30 pm</b>
5pm	Transport / Closes 5:30pm	Transport /Close at 5:30 pm	Transport /Close 5:30 pm	Transport/ Close at 5:30 pm	Transport/ Close 5:30 pm

Located at 1950 W Heatherbrae Drive Phoenix, AZ 85015 Reach us 602-246-7607 for more information



CHEEERS is Open Monday- Friday  
8:00 am to 5:30pm

Breakfast will be continental style (as available) for those attending programming at 8:30 am - No longer available after 8:30 am

Lunch will be delivered to Group Rooms at 11:45 am and include a lunch and learn activity

Lunch is not served outside of group rooms or past noon.

Snack at 2:30pm

Dinner will be served as part of Campus Connect activities at 4:30pm

### **TELEHEALTH**

Starting the Week of April 19th, 2021

TELEHEALTH GROUPS WILL BE PROVIDED

MONDAY, WEDNESDAY, AND FRIDAY ONLY

10 AM - 12:15 AM

Please contact CHEEERS to receive secure log in information

### Covid Precautions

All members will complete a health screening at entry

Masks are required for those who do not have proof of vaccination