

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30a - 9:45a	Roundtable Dining Room Archie	Roundtable Dining Room John	Roundtable Dining Room John	Roundtable Dining Room Archie	Roundtable Dining Room John S
	Roundtable <u>7B</u> Rick	Roundtable <u>7B</u> Debi W.	Roundtable <u>7B</u> Heather	Roundtable <u>7B</u> Alishia	Roundtable <u>7B</u> Christina
	Accessing Resources Suite 10 - GED Rebecca	Accessing Resources Suite 10 - GED Rebecca	Accessing Resources Suite 10- GED Rebecca	Accessing Resources Suite 10- GED Rebecca	Accessing Resources Suite 10- GED Rebecca
10:00a - 12:15p	Skills to Manage Stress <u>Rm 7A</u> Dana	Skills to improve Relationships <u>Rm 7A</u> Dana	Skills to Improve Health and Wellness <u>Rm 7A</u> Dana	Skills to find Inner Balance <u>Rm 7A</u> Christina	Grief & Loss (Skills) <u>Rm 7A</u> Dana
	Relapse Prevention Skills 7B Christina	Skills for Improving Communication Rm 7 B Angela	Skills for Independent Living 7B Rick	Skills for Setting Boundaries Rm 7B Wendy	Skills of Self Care / Crisis Prevention Rm 7 B Rick
	Positive Thinking (finding and using your strengths) 7E Wendy		Resilience in Recovery 7 E Wendy		Fun & Friendships In Recovery Rm 7E Wendy
	All Participant Skills Education <u>Rm 10 A</u> Heather	All Participant Skills Education <u>Rm 10 A</u> Archie	All Participant Skills Education <u>Rm 10 A</u> John S	All Participant Skills Education <u>Room 10 A</u> Heather	All Participant Skills Education <u>Rm 10 A</u> Heather
	Expressions of Hope Skills CREATIVE ARTS BUILDING Teresa	Expressions of Hope Skills CREATIVE ARTS Building Teresa	Expressions of Hope Skills CREATIVE ARTS Building Teresa	Expressions of Hope Skills CREATIVE ARTS BUILDING Teresa	Expressions of Hope Skills CREATIVE ARTS BUILDING Teresa
	Pre- GED end @ 11:40 Rm 10-GED (10) Go to 10 B for Lunch	Pre- GED end @ 11:40 Rebecca Rm 10-GED (10) Go to 10 B for Lunch	Pre- GED end @11:40 Rebecca Rm 10-GED (10) Go to 10 B for lunch	Pre- GED end@ at 11:40 Rebecca Rm 10-GED (10) Go to 10 B for lunch	Pre- GED end @ 11:40 Rebecca Rm 10-GED (10) Go to 10 B for lunch
LUNCH SERVED IN GROUP ROOMS 11:45 AM 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 th Monday of the Month the Advisory Council Meeting, Rebecca and Robert join using access code above					
12:30p - 2:30p	Recovery Support Peer Support Rm 7A Alishia	Staying Grounded in Recovery Rm 7A Christina	Anger Management Rm 7A Archie	Connection/ Support Peer support Rm 7A Jennifer B	Self Help and Peer Support Rm 7A Heather
	Seeking Meaning, Peer Support 7B John S	Guided Relaxation Rm 7B Wendy	Recovery Support Peer Support 7 B Heather	LGBT Support Group (Peer Support) Rm 7B Rick	Guided Relaxation Skills Rm 7B Debi W
	Smoking Cessation - BHP 7 E Archie	Recovery In Action - BHP 7 E John	Justice Involved Forensic Peer Support 7 E Alishia	Smoking Cessation BHP 7E Archie	Recovery in action - BHP 7 E John
	Spirituality Rm 10 A Dana	Women's Health and Wellness Rm 10 A Alisha	Recovery Planning Rm 10 A Deb W	Alternative Realities RM: 10 A John S	Men's Health and Wellness Rm 10 A Archie
	Expressions of Hope- Open Studio Creative Arts Building Angela	Expressions of Hope Open Studio Creative Arts Building Teresa	Expressions of Hope Open Studio Creative Arts Building Angela	Expressions of Hope Open Studio Creative Arts Building Angela	Expression of Hope Open Studio Creative Arts Building Angela
	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca	Pre- GED Rm 10-GED Rebecca
2:45pm- close Close at 5:30pm	CAMPUS CONNECT Dining Room, GYM , Resource Room and Pool Room open at 3:15 after presentation Dinner Served @ 4:30 pm	CAMPUS CONNECT Dining Room, GYM , Resource Room and Pool Room open at 3:15 after presentation Dinner Served @ 4:30 pm	CAMPUS CONNECT Dining Room, , GYM , Resource Room and Pool Room open at 3:15 after presentation Dinner Served @4:30pm	CAMPUS CONNECT Dining Room, GYM , Resource Room and Pool Room open at 3:15 after presentation Dinner Served @t 4:30 pm	CAMPUS CONNECT Dining Room, GYM , Resource Room and Pool Room open at 3:15 after presentation Dinner Served @ 4:30 pm
5pm	Transport / Close 5:30pm	Transport /Close 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
Breakfast will not be available after 8:30 am
Lunch will be delivered to Group Rooms at 11:45 am and will 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 in dining room.

All Services are in person

Covid Precautions
All members will complete a health screening at entry
Masks are required for those who do not have proof of vaccination

Peer Employment Training

Must complete application and be accepted into Peer Employment Training see website for details
<https://www.cheers.org/education---employment.html>

Schedule for 2021 / 2022

Next Class
December 6- 17th , 2021
February 14th- 25th , 2022
May 16th- 27th , 2022
July 18th- 29th , 2022