

NON PET	Monday	Tuesday	Wednesday	Thursday	Friday
Starting August 1st, 2022  8:30a - 9:45a	Roundtable Dining Room Alishia Archie Rick	Roundtable Dining Room Debi W. Lyndra	Roundtable Dining Room / Hot Breakfast Carlie Marnie Lyndra  <b>SEEDS of Recovery</b> (may have breakfast in Garden ) Darrin P	Roundtable Dining Room Archie Lyndra	Roundtable Dining Room/ Hot breakfast Archie Marnie
	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 Programming	Let's Dish (Sign up)		Let's Dish (Sign up)	Skills to find Inner Balance Rm 7A Kim	Let's Dish (Sign Up)
		ONA Alishia	ONA 1st Wednesday 9:30- 11:30 Alishia	ONA Alishia	Grief & Loss (Skills) Rm 7A Debi W
	Relapse Prevention Skills 7 B Christina	Skills for Improving Communication Rm 7 B Kim	Skills for Indendent Living 7 B Rick	Skills for Setting Boundaries Rm 7B Wendy	Skills for Self Care and Crisis Prevention Rm 7 B Rick
	Creativity in Recovery Group 7 E Wendy		Resilience in Recovery 7 E Wendy		Fun & Friendships in Recovery Rm 7E Wendy
	All Participant Skills Education SAM Rm 10 A	All Participant Skills Education Rm 10 A Archie	All Participant Skills Education Rm 10 A KIM	All Participant Skills Education Room 10 A SAM	All Participant Skills Education Rm 10 A Sam
	Expressions of Hope CREATIVE ARTS BUILDING Teresa	Expressions of Hope CREATIVE ARTS Building Teresa	Expressions of Hope CREATIVE ARTS Building Teresa	Expressions of Hope CREATIVE ARTS BUILDING Teresa	Expressions of Hope CREATIVE ARTS BUILDING Teresa
	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 @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 @ 11:40 Rebecca Rm 10-GED (10) Go to 10 B for lunch
<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 <b>Lunch and Learn, Facilitator ROBERT- Alishia Fridays Rotate Topics</b> 4 <sup>th</sup> Monday of the Month the Advisory Council Meeting, Rebecca and Robert join using access code above					
12:30p - 2:30p	Recovery Support Skills Rm 7A Peter	Staying Grounded in Recovery Rm 7A Christina	Anger Management BHP or Skills Rm 7A Archie	Connection/ Support Peer support Rm 7A Jennifer B	Self Help and Peer Skills Room 7 A Lyndra
	Spirituality Skills Group 7 B Kim	Guided Relaxation Rm 7B Wendy	Justice Involved Skills Group 7 B SAM	LGBTQ Support Peer support 7B Rick	Guided Relaxation Skills Rm 10A Debi W
		Women's Health and Wellness BH Prev/ Skills Rm 10 A Carlie	Recovery Planning Rm 10 A Deb W	Men's Health and Wellness BH/ Promotion Rm 10 A Archie	
	Expressions of Hope- Open Studio Creative Arts Building Carlie	Expressions of Hope Open Studio Creative Arts Building Marnie	Expressions of Hope Open Studio / Jewelry Making Creative Arts, Room 2 Christina	Expressions of Hope Open Studio Creative Arts Building Christina	Expression of Hope Open Studio Creative Arts Building Kim
	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 Dinner Served @ 4:30 pm	CAMPUS CONNECT Let's Dish Option Dining Room, GYM, Resource Room and Pool Room open at 3:15 Dinner Served @ 4:30 pm	CAMPUS CONNECT Dining Room GYM, Resource Room and Pool Room open at 3:15 Dinner Served @4:30pm	CAMPUS CONNECT Dining Room, GYM, Resource Room and Pool Room open at 3:15 Dinner Served @t 4:30 pm	CAMPUS CONNECT Dining Room, Let's Dish Option GYM, Resource Room and Pool Room open at 3:15 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 August 01,22

**First Wednesday of the Month, Special ONA – Peer Support Leaves at 9:30 to 11:30  
Must return by 11:45 for program closure.**

**Let's Dish returns**

Let's Dish is returning with limited capacity  
Groups are Monday Wednesday and Friday 10:00 am to 12:00 pm  
Let's Dish 2:30 to 4:30 option on Tuesday and Friday

**Seeds of Recovery**

Wednesday Morning at 8:30 , Join Darrin in the Garden

HOT Breakfast is served on Wednesday and Friday from 8:30- 9:15  
for members attending Roundtable or Seeds of Recovery ONLY.

Breakfast is not available outside these groups .

Monday, Tuesday, Thursdays Continental Breakfast will be continental style (as available) for those  
attending programming at 8:30 am

Continental Breakfast will not be available after 8:30 am on Monday, Tuesday or Thursday

CHR is Open Monday- Friday

8:00 am to 5:30pm

We close at 12:30pm on the first Wednesday of the month for staff training and meetings

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>

our Next Training is

our Next peer employment training will be scheduled for late October or November 2022

Program Schedule Effective August 1, 2022