




| Sun   | Mon  | Tue   | Wed  | Thu   | Fri  | Sat   |   |          |
|---|--|---|--|---|--|---|---|----------|
|   |   |   |  |   |   |  |  | <b>1</b> |
| <b>2</b>  | <b>3</b><br>9 -10 Straight Talk (Thomas PR)<br>10 -11 Recovery Thru Self Care (Katrina) (PR)<br>10 -11 Driver Handbook (Cathy AIS office)<br>11-12 Detox From Anger (Katrina PR)<br>12 -1 Healthy Boundaries (Cathy)<br>1-2 Care & Share (Pat PR)          | <b>4</b><br>9 -10 Life Adventures (Gregory PR)<br>10 -11 Don't Trip (Trina PR)<br>11-12 Life Skills (Theresa/Cathy)<br>12-1 It's a Wrap (Trina PR)<br>1-2 Meditation (Cathy)  | <b>5</b><br><b>9am Community Meeting</b><br>9 -10 Men's Group (Dana PR)<br>10-11 Art Group (Cathy)<br>11-12 Journaling (Cathy)<br>12-1 Got Games (Gregory PR)<br>1-2 Dual Diagnosis (Dana PR)                  | <b>6</b><br>10-11 Employment<br>11-12 Goals to Solve Problems (Jessica/Cathy)<br>12-1 Ups Downs & Anxiety (Debbie)  | <b>7</b><br>9 -10 Healthy Expressions (Olivia PR)<br>10-11 Creative Space (Olivia PR)<br>11-12 pm Music Man (Bill PR)<br>12-1 pm Make Life Great (Jessica PR)  | <b>8</b>  |   |          |
| <b>9</b>  | <b>10</b><br>9 -10 Straight Talk (Thomas PR)<br>10 -11 Recovery Thru Self Care (Katrina) (PR)<br>10 -11 Driver Handbook (Cathy AIS office)<br>11-12 Detox From Anger (Katrina PR)<br>12 -1 Healthy Boundaries (Theresa/Cathy)<br>1-2 Care & Share (Pat PR) | <b>11</b><br>9 -10 Life Adventures (Gregory PR)<br>10 -11 Advocacy (Trina PR)<br>11-12 Life Skills (Theresa/Cathy)<br>12-1 It's a Wrap (Trina PR)<br>1-2 Meditation (Cathy)   | <b>12</b><br>9 -10 Men's Group (Dana PR)<br>10-11 Art Group (Lina)<br>11-12 Managing Everyday Life (Sosy/Cathy)<br>12-1 Got Games (Gregory PR)<br>1-2 Dual Diagnosis (Dana PR)                                 | <b>13</b><br>10-11 Employment<br>11-12 Goals to Solve Problems (Jessica/Cathy)<br>12-1 Ups Downs & Anxiety (Debbie) | <b>14</b><br>9 -10 Healthy Expressions (Olivia PR)<br>10-11 Creative Space (Olivia PR)<br>11-12 pm Music Man (Bill PR)<br>12-1 pm Make Life Great (Jessica PR) | <b>15</b>   |   |          |
| <b>16</b><br><b>F</b><br><b>A</b><br><b>T</b><br><b>H</b><br><b>A</b><br><b>E</b><br><b>R</b><br><b>S</b> | <b>17</b><br>9 -10 Straight Talk (Thomas PR)<br>10 -11 Recovery Thru Self Care (Katrina) (PR)<br>10 -11 Driver Handbook (Cathy AIS office)<br>11-12 Detox From Anger (Katrina PR)<br>12 -1 Healthy Boundaries (Theresa/Cathy)<br>1-2 Care & Share (Pat PR) | <b>18</b><br>9 -10 Life Adventures (Gregory PR)<br>10 -11 Don't Trip (Trina PR)<br>11-12 Life Skills (Theresa/Cathy)<br>12-1 It's a Wrap (Trina PR)<br>1-2 Meditation (Cathy) | <b>19</b><br><b>9am Community Meeting</b><br>9 -10 Men's Group (Dana PR)<br>10-11 Art Group (Lina)<br>11-12 Managing Everyday Life (Sosy/Cathy)<br>12-1 Got Games (Gregory PR)<br>1-2 Dual Diagnosis (Dana PR) | <b>20</b><br>10-11 Employment<br>11-12 Goals to Solve Problems (Jessica/Cathy)<br>12-1 Ups Downs & Anxiety (Debbie) | <b>21</b><br>9 -10 Healthy Expressions (Olivia PR)<br>10-11 Creative Space (Olivia PR)<br>11-12 pm Music Man (Bill PR)<br>12-1 pm Make Life Great (Jessica PR) | <b>22</b>   |   |          |
| <b>23</b><br><br><b>30</b>  | <b>24</b><br>9 -10 Straight Talk (Thomas PR)<br>10 -11 Recovery Thru Self Care (Katrina) (PR)<br>10 -11 Driver Handbook (Cathy AIS office)<br>11-12 Detox From Anger (Katrina PR)<br>12 -1 Healthy Boundaries (Theresa/Cathy)<br>1-2 Care & Share (Pat PR) | <b>25</b><br>9 -10 Life Adventures (Gregory PR)<br>10 -11 Advocacy (Trina PR)<br>11-12 Life Skills (Theresa/Cathy)<br>12-1 It's a Wrap (Trina PR)<br>1-2 Meditation (Cathy)   | <b>26</b><br>9 -10 Men's Group (Dana PR)<br>10-11 Art Group (Lina)<br>11-12 Journaling (Cathy/Lina)<br>12-1 Got Games (Gregory PR)<br>1-2 Dual Diagnosis (Dana PR)   | <b>27</b><br>10-11 Employment<br>11-12 Goals to Solve Problems (Jessica/Cathy)<br>12-1 Ups Downs & Anxiety (Debbie) | <b>28</b><br>9 -10 Healthy Expressions (Olivia PR)<br>10-11 Creative Space (Olivia PR)<br>11-12 pm Music Man (Bill PR)<br>12-1 pm Make Life Great (Jessica PR) | <b>29</b>   |   |          |

**Straight Talk** - This is a Monday morning chat session. Come and share about your weekend, tell a joke and get to know others in the MHA community.

**Drivers Handbook** - Are you interested in getting your Drivers license and need help preparing for the test? Come and take practice tests to prepare.

**Recovery Thru Self Care** - Learn to support yourself through self care in a physical, emotional and spiritual way.

**Detox From Anger** - Learn new and better ways to express anger and irritation.

**Care and Share** - Come learn different ways to show you care about others.

**Healthy Boundaries** - Discover ways to improve personal boundaries and share ideas and experiences to discuss skills and find solutions.

**Life Adventures** - Walking and other outdoor exercise activities.

**It's a Wrap** - Come join us for discussion on ways to reduce symptoms that interfere with every day life.

**Don't Trip** - Learn ways to handle little problems before they turn into big problems.

**Community Meeting** - All members and staff attend this group. To inform everyone what is happening in the community and at MHA. Discuss changes that

members want to see happen, and any issues which need to be addressed.

**Men's Group** - Come join us for a manly discussion about life issues including setting boundaries, communication skills and much more

**Art Group** - Helps you learn to visualize goals and dreams by utilizing your creativity, and expressing yourself through various forms of art.

**Journaling Group** - Come join us in learning to express ourselves with words by offering journaling prompts and ideas.

**Managing Everyday Life** - The focus is on learning everyday living skills which include time management, prioritizing, budgeting, how to use coupons and much more.

**Got Games** - Come join us to learn and play various games to learn to have fun and relax.

**Dual Diagnosis** - Learn how to cope with any addiction or habit and a mental illness.

**Employment** - Prepares you for a work environment which includes resumes, attire, interview techniques and how to handle various job situations.

**Goals To Solve Problems** - Learn to identify and work through life problems in order to take control of your life.

**Ups, Downs and Anxiety** - Share different coping skills to deal with mood swings and learn new coping skills to improve your recovery.

**Healthy Expressions** - Come learn different ways to express yourself/

**Creative Space** - How to learn to use creativity to reduce stress and increase happiness.

**Music Man** - Come join us to listen to music and socialize with one another in a stress free calming manner.

**Make Life Great** - Exploring recovery by learning new skills and practicing and role playing.

### **Group Guidelines**

- 1) Phones and electronic devices need to be placed on silent.
- 2) Only one person can talk at a time
- 3) Whatever You Hear in the group stays in the group
- 4) If more than 15 minutes late to the group you will not get credit

### **ATTENTION:**

- \*All the MHA/V Groups are Support Groups
- \*All Groups are facilitated by Members and are supported by staff