

# CHOICES, Inc. May 2019 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Talk It Out Tuesday</b> 11:30am - 12:30pm <b>Men In Recovery</b> 1:00pm - 2:00pm <b>Mindfulness:A Practical Guide</b> 3:00 pm - 4:00 pm	<b>Helping Women Recover</b> 1:00pm - 2:00pm <b>Prioritizing Self-Care</b> 3:00 pm - 4:00 pm	<b>Get Hired</b> 1:00pm - 2:00pm <b>Wellness Support Group</b> 3:00 pm - 4:00 pm		
5		<b>Talk It Out Tuesday</b> 11:30am - 12:30pm <b>Men In Recovery</b> 1:00pm - 2:00pm <b>Mindfulness:A Practical Guide</b> 3:00 pm - 4:00 pm	<b>Helping Women Recover</b> 1:00pm - 2:00pm <b>Prioritizing Self-Care</b> 3:00 pm - 4:00 pm	<b>Get Hired</b> 1:00pm - 2:00pm <b>Wellness Support Group</b> 3:00 pm - 4:00 pm		
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**Talk it Out Tuesday** - This group is a weekly processing/support group led by peers for peers and is open to ALL CHOICES Inc. participants. This group is scheduled to run 1 to 1 ½ hours.

**Men In Recovery** - Participants utilize a workbook to gain psycho-education about substance use disorders, process about the history of their addiction plus explore coping mechanism on how to establish and maintain sobriety through recovery.

**Mindfulness: A Practical Guide** - This group focuses on learning skills to discover genuine happiness through slowing down and reframing thoughts that focus on enjoying each moment as it comes.

**Helping Women Recover Group** - Join us as we explore Trauma informed treatment for women living with a mental illness diagnosis and/or a history of alcohol and substance use disorder. This group runs approx. 1 hour and is open to the.

**Prioritizing Self-Care** - This group focuses on developing tools, through the process of self-care, that increase self-esteem, confidence in recovery, and life stabilization. We will create strategic self-care plans weekly, while discussing specific triggers and alternative options to relapse. Group members will also learn to recognize the steps to success they have made and power of forgiveness and self-love.

**Get Hired** - is the exploration and follow through of desires/goals surrounding employment and education. Support and advise will be provided through a curriculum addressing topics such as: resume design, interviewing skills, education tracks, professional dress, workplace/classroom interactions, and overall concerns surrounding preparedness.

**Wellness Support Group** - Ad hoc, psychoeducation support group for mental health & substance use disorders. This group is scheduled to run approx. 1 hour and is open to ALL CHOICES, Inc. Program Participants.