


CHOICES, Inc. September 2019 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		Men In Recovery 1:00pm - 2:00pm Mindfulness:A Practical Guide 3:00 pm - 4:00 pm	Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care 3:00 pm - 4:00 pm	Get Hired 1:00pm - 2:00pm Wellness Support Group 3:00 pm - 4:00 pm	Basic Budgeting 1:00pm - 2:00pm	7
8	9	Men In Recovery 1:00pm - 2:00pm Mindfulness:A Practical Guide 3:00 pm - 4:00 pm	Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care 3:00 pm - 4:00 pm	Get Hired 1:00pm - 2:00pm Wellness Support Group 3:00 pm - 4:00 pm	Basic Budgeting 1:00pm - 2:00pm	14
15	16	Men In Recovery 1:00pm - 2:00pm Mindfulness:A Practical Guide CANCELLED	Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care CANCELLED	Get Hired 1:00pm - 2:00pm Wellness Support Group 3:00 pm - 4:00 pm	Basic Budgeting 1:00pm - 2:00pm	21
22	23	Men In Recovery 1:00pm - 2:00pm Mindfulness:A Practical Guide CANCELLED	Helping Women Recover 1:00pm - 2:00pm Prioritizing Self-Care CANCELLED	Get Hired 1:00pm - 2:00pm Wellness Support Group 3:00 pm - 4:00 pm	Basic Budgeting 1:00pm - 2:00pm	28
29	30					

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 ALL CHOICES, Inc. Program Participants.

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 - A holistic, 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.

Basic Budgeting - This group focuses on individuals applying for grants and seeking financial assistance, divided into two sessions and covering four segments. Participants will be assigned a "Taking Charge of My Finances" workbook. Learn how to: explore your current financial situation, consider helpful tips for managing your finances, and consider positive steps you can take for your financial future.