

CHOICES, Inc. November 2019 Group & Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Basic Budgeting 1:00pm - 2:00pm	2
3	4	5 Men In Recovery 1:00pm - 2:00pm	6 Helping Women Recover 1:00pm - 2:00pm #TheSelfie Group 3:00 pm - 4:00 pm	7 Get Hired 1:00pm - 2:00pm Wellness Support Group 3:00 pm - 4:00 pm	8 Basic Budgeting 1:00pm - 2:00pm	9
10	11 	12 Men In Recovery 1:00pm - 2:00pm	13 Helping Women Recover 1:00pm - 2:00pm #TheSelfie Group 3:00 pm - 4:00 pm	14 Get Hired 1:00pm - 2:00pm Wellness Support Group 3:00 pm - 4:00 pm	15 Basic Budgeting 1:00pm - 2:00pm	16
17	18	19 Men In Recovery 1:00pm - 2:00pm	20 Helping Women Recover 1:00pm - 2:00pm #TheSelfie Group 3:00 pm - 4:00 pm	21 Get Hired 1:00pm - 2:00pm Wellness Support Group 3:00 pm - 4:00 pm	22 Basic Budgeting 1:00pm - 2:00pm	23
24	25	26 Men In Recovery 1:00pm - 2:00pm	27 Helping Women Recover 1:00pm - 2:00pm #TheSelfie Group 3:00 pm - 4:00 pm	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. **1 hour and is open to ALL CHOICES, Inc. Program Participants.**

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. **1 hour and is open to ALL CHOICES, Inc. Program Participants.**

#TheSelfie Group - 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. **1 hour and is open to ALL CHOICES, Inc. Program Participants.**

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. **1 hour and is open to ALL CHOICES, Inc. Program Participants.**

Wellness Support Group - A holistic, psychoeducation support group for mental health & substance use disorders. **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. **1 hour and is open to ALL CHOICES, Inc. Program Participants.**