



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 9-10 Straight Talk (Thomas PR) 10-11 Recovery Thru Self Care (Katrina) (PR) 10-11 Driver Handbook (Cathy AIS office) 11-12 Detox From Anger (Olivia PR) 12-1 Everyday Gratitude (Elija/Cathy) 1-2 Make Life Great (Olivia) (PR)	4 9-10 Life Adventures (Gregory PR) 10-11 Don't Trip (Jill PR) 11-12 Life Skills 12-1 It's a Wrap (Jill PR) 1-2 Healthy Boundaries (Cathy)	5 9 am Community Meeting 9-10 Men's Group (Dana PR) 10-11 Art Group (Lina) 11-12 Financial Planning (Keith) 12-1 Got Games (Gregory PR) 1-2 Dual Diagnosis (Dana PR) 2-3 Woman's Group (Amelia)	6 10-11 Employment 11-12 Goals to Solve Problems (Jessica/Cathy) 12-1 Ups Downs & Anxiety (Debbie)	7 9-10 Healthy Choices (Michelle PR) 10-11 Color Me Happy (Michelle PR) 11-12 pm Music Man (Bill PR) 12-1 pm Care & Share (Pat PR)	8
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30		TUESDAY JAN 1ST 2019 				

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.

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

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.

Money Management - Individuals are taught how to budget their monthly finances so they don't run out of funds before the end of the month.

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.

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.

Woman's Group - Come and hang out with the girls! We discuss women's issues, support one another and take a little time out for ourselves. Treat yourself to some ME time!!!

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.

Color Me Happy - How to learn to use coloring to reduce stress and increase happiness.

Spirituality - Learning to develop your Higher Power thru discussion.

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

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**
- *Groups are not court approved or court certified**