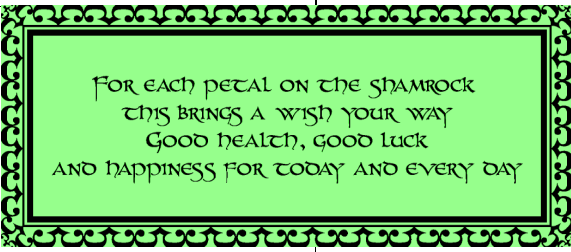





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>FOR EACH PETAL ON THE SHAMROCK THIS BRINGS A WISH YOUR WAY GOOD HEALTH, GOOD LUCK AND HAPPINESS FOR TODAY AND EVERY DAY</p>		<p>1 9 -10 am Community Meeting 10-11 Art Group (Upstairs) 11-12 Goals Group (Cyndi) 12-1 Got Games (Greg)(PR) 1-2 Dual Diagnosis (PR)(Dana) 2-3:30 PM Woman's Group (Jill/ Katrina) 3 - 4 pm Men's Group (Dana)</p>	<p>2 9 10 Minority Pride Report (Bill) 10-11 Employment 11-12 H.O.T. Group (Roxane) 12-1 Living in the Word(Debbie) 1- 2 Who Am I (Cyndi) 2-3 pm On A Good Note (Olivia)</p>	<p>3 9: 30-10:30 <i>Healthy Choices</i> (Michelle) (PR) 10:30 -11:30 <i>Spirituality</i> (Michelle) (PR) 12-1 pm <i>Invent A New You</i> (Bill)(PR) 1- 2 pm <i>Chicken Soup For the Soul</i> (Pat)(PR)</p>	4
5	<p>6 9 - 10 Straight Talk (Thomas PR) 10-11 Driver Handbook (AIS Office)(Cathy) 10 - 11 Parenting /Family Dynamics (Trina) (PR) 11-12 Detox From Anger (Trina) (PR) 12-1 Communication Skills (Elizabeth/Cathy) 1-2 <i>Grupo Espanol</i> (Lizet PR) 2-3 <i>Walking Group</i> (Greg) (PR)</p>	<p>7 10 - 11:00 Advocacy Skills (Jill PR) 11 -12pm Triggers (Katrina/Lisa) 12-1pm Money Management (Jill PR) 1-2 pm Happiness(Chris/Cathy) 2:30 pm Dancing Through Recovery Yalonda(OC ROOM)</p>	<p>8 10-11 Art Group (Upstairs) 11-12 Fear Factor (Cyndi) 12-1 Got Games (Greg)(PR) 1-2 Dual Diagnosis (PR)(Dana) 2-3:30 PM Woman's Group (Jill/ Katrina) 3 - 4 pm Men's Group (Dana)</p>	<p>9 9 -10 Minority Pride Report (Bill) 11-12 H.O.T. Group (Roxane) 10-11 Employment 11-12 H.O.T. Group (Roxane) 12-1 Living in the Word (Debbie) 1- 2 Who Am I (Cyndi) 2-3 pm On A Good Note (Olivia)</p>	<p>10 9: 30-10:30 <i>Healthy Choices</i> (Michelle) (PR) 10:30 -11:30 <i>Spirituality</i> (Michelle) (PR) 12-1 pm <i>Invent A New You</i> (Bill)(PR) 1- 2 pm <i>Chicken Soup For the Soul</i> (Pat)(PR)</p>	11
12 Daylight Savings	<p>13 9 - 10 Straight Talk (Thomas PR) 10-11 Driver Handbook (AIS Office)(Cathy) 10 - 11 Parenting /Family Dynamics (Trina) (PR) 11-12 Detox From Anger (Trina) (PR) 12-1 Communication Skills (Elizabeth/Cathy) 1-2 <i>Grupo Espanol</i> (Lizet PR) 2-3 <i>Walking Group</i> (Greg) (PR)</p>	<p>14 10 - 11:00 Advocacy Skills (Jill PR) 11 -12pm Triggers (Katrina/Lisa) 12-1pm Money Management (Jill PR) 1-2 pm Happiness(Chris/Cathy) 2:30 pm Dancing Through Recovery Yalonda(OC ROOM)</p>	<p>15 9 10 Community Meeting 10-11 Art Group (Upstairs) 11-12 Goals Group (Cyndi) 12-1 Got Games (Greg)(PR) 1-2 Dual Diagnosis (PR)(Dana) 2-3:30 PM Woman's Group (Jill/ Katrina) 3 - 4 pm Men's Group (Dana)</p>	<p>16 9 10 Minority Pride Report 10-11 Employment 11-12 H.O.T. Group (Roxane) 12-1 Living in the Word (Debbie) 1- 2 Who Am I (Cyndi) 2-3 pm On A Good Note (Olivia)</p>	<p>17 9: 30-10:30 <i>Healthy Choices</i> (Michelle) (PR) 10:30 -11:30 <i>Spirituality</i> (Michelle) (PR) 12-1 pm <i>Invent A New You</i> (Bill)(PR) 1- 2 pm <i>Chicken Soup For the Soul</i> (Pat)(PR)</p> 	18
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Group Descriptions

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

Communication Skills - Communication is an important skill we use each day. Come join us for a hands on experience in how to communicate with landlords, resource agencies, doctors and others... Role playing is a great way to learn these skills and a lot of fun.

Walking Group- Go for walks in the community to learn to relax and have fun.

Self Advocacy- Learning ways to empower yourself through advocating and speaking up.

Triggers - This group focuses on recognizing and discussing what types of situations, feelings, etc. trigger our negative behaviors. We share personal stories to assist each other with how to handle individual issues and look for ways to substitute positive behaviors for negative ones.

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

Happiness Group - Learn and discuss ways to choose to be happy in all areas of your life no matter what is happening in your life.

On A Good Note - Learn to journal every week in creative ways.

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.

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

Fear Factor - Learn how to face and befriend your fears. Whatever it is that is holding you back we can conquer it together Fear is a factor in everyone's life but it does not have to hold you back!!!

Dual Diagnosis – Learn how to cope with any addiction or habit and a mental illness. Utilize a workbook using a 12-step format.

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!!!

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

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

Minority Pride Report - Join us for a voyage of discovery as we celebrate the glory and wonder of our individual uniqueness.

Living in the Word - This group is for people who want to study and discuss different Bible stories.

Who Am I - Become the person you want to be and change the things you want to change. We focus on always do your best, don't take things personally, don't make assumptions, be impeccable with your word and always do your best

Spirituality - Come and learn about the power of forgiveness and feed your spirit.

Healthy Choices - Learn to replace some unhealthy life choices with healthier life choices.

Invent a New You - Explore the working of the mind and emotions. Build self esteem and self confidence through knowledge and personal experiences.

Make Life Worth Living - Learn new ways to motivate yourself and live the life you want

H.O.T. Group - Weekly topic son ways to deal with daily hurts, obsessions and troubles. Discuss ways to support one another not fix one another. Learn to believe that you can do it. Come join the fun.

Grupo de Esperanza - Este grupo es para miembros que no tienen con quien hablar sobre su salud mental. Este es un grupo de apoyo en Español.

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

Chicken Soup for the Soul- Come join us for inspirational stories of hope in recovery.

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 MHAHV Groups are Support Groups
- *All Groups are facilitated by Members and are supported by staff
- *Groups are not court approved or court certified