



# October 2017 Group Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9 - 10 Straight Talk (Thomas PR) 10-11 Driver Handbook (AIS OFFICE) 10 - 11 Recovery Thru Self Care (Katrina) (PR) 11-12 Detox From Anger (Olivia) (PR) 12-1 Communication Skills (Elizabeth) 1-2 Make Life Great (Olivia) (PR)	3 9-10 Life Adventures (Gregory) (PR) 10 - 11 Advocacy Skills (Jill PR) 11 -12 Triggers (Katrina/Cathy) 12-1 Money Management (Jill PR) 1-2 Happiness (Elizabeth) 2:30 - 3:00 Dancing Thru Recovery (Yalonda)	4 9am Community Meeting 9 -10am Men's Group (Dana) 10-11 Art Group (Michelle ) 12-1 Got Games (Gregory) (PR) 1-2 Dual Diagnosis (Dana PR)	5 10 - 11 Employment 11-12 Problem Solving (Cathy) 12 - 1 Living in the Word (Debbie) 1 - 2 Who Am I (Cyndi) 2 - 3 pm On A Good Note (Olivia/Cathy)	6 9 -10 Healthy Choices (Michelle) (PR) 10-11 Spirituality (Michelle) (PR) 11-12 pm Care & Share (Pat PR) 12-1 pm Chicken Soup for the Soul (Pat PR)	7
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**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.

**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.

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

**Life Adventures** - Walking and other outdoor exercise activities.

**Advocacy Group**- 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.

**Dancing Through Recovery** - Come join us for fun exercise by dancing to the music.

**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.

**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!!!

**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. 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!!!

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

**Problem Solving** -

**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.

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

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

**Spirituality** - Learning to develop your Higher Power thru discussion.

**Care & Share** - Weekly topics on how sharing and caring can improve our recovery.

**Chicken Soup For The Soul** - Come Join us for inspirational stories of hope and recovery.

#### **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

#### **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