



North Group Calendar June

Transportation will be from 7:15am to 8:00am, 1:00pm to 1:30pm, 4:00pm-4:45pm, M-F,
Weekend transport is before group. Other request can be made based on staff availability

PSA Phone - 602-995-1767
SL Part Time – 480-798-6348
SLA Phones – 480-798-6349
or 480-710-6487

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday		
Community Group Xylina 8:00-8:55		Staying Grounded Paige 8:00-8:55		Personal Recovery Plan Group Xylina 8:00-10:00		Coffee with Friends Karina 8:00-8:55		Dealing with my Emotions Kathryn 8:00-8:55		The Breakfast Club Coffee and Donuts Eric 8:00 -9:00	Sunday Morning Reflection with Breakfast Brittany 8:15 -9:15		
5 min break		5 min break				5 min break		5 min break					
Hearing Voices Brittany 9:00-10:00		Co-Occurring Group Xylina 9:00-10:00				30 Min break		Recovery Art Activities Brittany 9:00-10:00		Moving Forward Eric 9:00-10:00		Community Outing 9:30-11:30 6/2- Farmer's Market 6/9- Goodwill/ Dollar Store 6/16- Board Games & Pizza 6/23- Cortez Pool 6/30- Mall Walking	Shopping Outing 9:30 – 11:30 6/3- Fry's/99 Cent Store 6/10- Walmart 6/17- Fry's/99 Cent store 6/24- Walmart
30 Min break		30 Min break		Ball Pilates Ronnell 10-11	Go for a Walk Ronnell 11-12	Tension Release Exercise Glenyss 10:30-11:30	Get Involved Paige 10:30-11:30	Gardening B104 Ronnell 10:00-11:00	Tools for Success Joan 10:30-11:30 B100				
Relapse Prevention Xylina 10:30 – 11:30		Coping with Loss David 10:30 – 11:30 B100								Interpersonal Effectiveness Paige 10:30 – 11:30			
30 Min Break		30 Min Break		30 Min Break		Positive Self Care with Healthy Snacks Brittany 12-1		Weekly Field Trip Outing! Karina 10:30-12:30pm		Movies 3:30-5:30pm	Bowling 3:30-5:30pm		
Recovery Bingo Brittany 12-1	ILS Cooking Group B104 Ronnell 12-1	Lunch with Feelings Eric 12-1	Fitness Field Trip B104 Ronnell 12-2	Let's Talk Brittany 12-1	Nutrition B104 Ronnell 12-1	Transportation		Transportation					
Transportation		Transport		Transportation		Transportation		Transportation		Weekly Field Trip Outing! Fridays 10:30-12:30pm Lunch will be served 6/1- Ice Cream Social!!! 6/8- Encanto Park 6/15- Kiwanis Park, Tempe 6/22- Cerreta Candy Company Tour 6/29- Sahuaro Ranch Park Historic Area			
Recovery and Empowerment Men Travis 2:00-3:00	Recovery and Empowerment Women Paige 2:00-3:00	Pre Job Skills Tiffany 2:00-3:00	30 min break	Anxiety Reduction Travis 2:00-3:00 B100		Fitness Field Trip B104 Ronnell 1:00-3:00		Behind the Diagnosis Kathryn 2:00-3:00					
5 min break		5 min break		5 min break		5 min break		5 min break					
Exploring Coping Skills Tiffany 3:05-4:00		Budgeting Tips GET BUCKS! Karina 3:05-4:00		Chess Club Tiffany 3:05-4:00		Budgeting Tricks SPEND BUCKS! Karina 3:05-4:00		Mindfulness Games Paige 3:05-4:00					
Transportation		Transportation		Transportation		Transportation		Transportation					
Board Game Social Group (snacks) Brittany 5:00 – 6:00		Social Hour (snacks) Rueben 5:00 – 6:00		Breaking the Cycle (snacks) Tiffany 5:00 – 6:00		Saying What I Mean (snacks) Eric 5:00 – 6:00		Mindfulness (snacks) Rueben 5:00-6:00					
PSA Staff will do their best to notify participant ASAP of any group cancellation								Color Code	Outpatient			Integrated Services	SL/SLA Group

