


Outpatient Health Center/Career Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00am-10:30am <i>Morning Meditation</i> Room 117</p> <p>9:00am-10:30am <i>WRAP@*</i> Room 107</p> <p>9:00am-11:30am <i>Basic Computers</i> Room 109</p> <hr/> <p>10:00am-11:30pm <i>DBT Skills</i> Room 127</p> <p>10:30am-12:00pm <i>Understanding your Diagnosis</i> Room 107</p> <hr/> <p>1:00- 2:30 <i>Moving Beyond Loss</i> Room 116</p> <hr/> <p>2:30pm-4:00pm <i>IM Recovery*</i> Room 116</p>	<p>9:00am-10:30am <i>Morning Meditation</i> Room 117</p> <p>9:00am-10:30am <i>Moving Beyond Anger*</i> Room 127</p> <p>9:00am-10:30am <i>Getting Your Needs Met</i> Room 107</p> <p>9:00am-10:30am <i>MOSAIC Workshop</i> Room 109</p> <p>10:30am-12:00pm <i>Gentle Morning Stretch/Yoga</i> Room 117 (Valori)</p> <p>10:30am-12:00pm <i>Your Recovery Journey</i> Room 107(Verlene)</p> <hr/> <p>1:00pm-3:00pm <i>Mindful Art</i> Room 117</p> <hr/> <p>1:00pm-2:30pm <i>Eliminating Self-Defeating Behaviors*</i> Room 116 (Mary/Verlene)</p> <hr/> <p>2:30pm-4:00pm <i>Stress Management</i> Room 127</p>	<p>9:00am-10:30am <i>Morning Meditation</i> Room 117</p> <p>9:00am-10:30am <i>WRAP@*</i> Room 107</p> <p>9:00am-11:30am <i>Basic Computers</i> Room 109</p> <hr/> <p>10:00am-11:30pm <i>DBT Skills</i> Room 127</p> <p>10:30am-12:00pm <i>Understanding your Diagnosis</i> Room 107</p> <p>10:30am-12:00pm <i>You Are What You Eat</i> Room 117</p> <hr/> <p>1:00pm-2:30pm <i>Therapeutic Tai Chi</i> Room 117 (Deanne) Health promotion</p> <hr/> <p>1:00pm-2:30pm <i>Relapse Prevention*</i> Room 127</p> <hr/> <p>2:30pm-4:00pm <i>IM Recovery*</i> Room 116</p>	<p>9:00am-10:30am <i>Morning Meditation</i> Room 117</p> <p>9:00am-10:30am <i>Moving Beyond Anger*</i> Room 127</p> <p>9:00am-10:30am <i>Getting Your Needs Met</i> Room 107</p> <p>9:00am-12:00pm <i>Mindful Art</i></p> <hr/> <p>10:30am-12:00pm <i>Gentle Morning Stretch/Yoga</i> Room 117</p> <hr/> <p>1:00pm-2:30pm <i>Eliminating Self-Defeating Behaviors*</i> Room 116</p> <hr/> <p>2:30pm – 4:00pm <i>Relapse Prevention’s Weekend Planner*</i> Room 127</p>	 <p>10:30am-12:00 pm <i>You Are What You Eat*</i> Room 117</p> <hr/> <p>1:00pm-2:30pm <i>Seeking Safety: A Women’s Discussion Group*</i> Room 117</p> <hr/> <p>2:30pm – 4:00pm <i>Relapse Prevention’s Weekend Planner*</i> Room 127</p>

RI International’s Outpatient Health Clinic is located at 2701 North 16th Street #122 Phoenix AZ 85006

Phone: (602) 636-4478

Open Computer labs are scheduled Tuesday/Thursday from 1 to 3 p.m. Lab is first-come/first-served and is meant to be at your own pace. Due to limited space, the lab may be closed at certain times: please call ahead to ensure the lab is open.

Library/Quiet Room

Does the world seem too noisy at times? The **Marilyn J. Fall Library** offers a quiet space for checking out books and DVD films, reading, doing crafts, meditating and/or quiet conversation with a certified peer support. The library is open Monday through Friday, 12:00pm until 4:00pm.

Basic Computers

Students learn how to use a variety of software programs and Internet exploration skills that they can use in resource searching, career exploration and social networking.

MOSAIC

Your Premier Employment Workshop!! You select the topics for this awesome class. Tell us what you want and we will deliver it!! Job search, resume building, career exploration, volunteer opportunities.

Morning Meditation: Through the power of mindfulness and breath exploration we will fully develop the pathway connecting our mind, body and spirit to enhance our resiliency. Individual sessions also available.

Gentle Morning Stretch/Yoga: Stretching can help you to balance your energy and achieve a peaceful mental state. A very Easy and effective movement meditation based on the principles of Hatha Yoga. Explore how Yoga empowers each individual by reducing stress and awakens the body's self-healing properties.

You Are What You Eat: *Health is possible!* Did you know that the food you eat is your first tool to feeling good, inside and out? That the food you eat is your first defense against disease? In this class you will learn how to evaluate your choices, reframe your experiences and strategies, and counter negative lifestyle behaviors with positive approaches.

WRAP©: Welcome to "Wellness Recovery Action Plan". This group will support you in building your support system, defining your recovery goals, and creating a plan that will lead you to the next step in your recovery Journey.

Your Recovery Journey: Travel through the 8 dimensions of wellness to identify your recovery and move towards the life you want.

Relapse Prevention: Recovery is Recovery = 100% possibility. Everyone needs to bounce ideas off of someone else now and then! No matter what your challenge, this class helps you build a working plan to maintain a healthy lifestyle all in a safe, confidential environment.

IM Recovery: A combination of learning about mental health diagnoses, substance use and healthy living into a program that teaches you to guide your own recovery and advocate for your whole health. Please ask to meet with Mary to sign up for this group.

Moving Beyond Anger: Fear and anger have kept many of us from moving forward to enjoy our lives. Learn new ways of coping with fear and anger.

Seeking Safety: Woman to woman, share life concerns, support one another and gain new insight to assist with recovery and help create future goals. An individual meeting with the facilitator is required before attending the first group.

Eliminating Self-Defeating Behaviors: This group is designed to help participants utilize recovery pathways to change behaviors that work against their potential and their recovery. The focus is on identifying undesirable behaviors, emotions and thoughts, for the purpose of developing alternatives that are more useful and effective.

Moving Beyond Loss: Any type of loss can be a challenge; loss of loved ones, pets, jobs, housing, health/abilities, etc. Join this group to learn ways to recover from grief and loss.

Coming Soon: Tobacco Cessation

Check out the Wellness City calendar for many other wonderful activities!

Please let us know what other groups/topics you would be interested in adding to the menu of options!