

# October

# 2019

# Sunday

Calendar Month

Calendar Year

First Day of Week



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01 <b>Next Steps Group</b> 12pm-1pm AA 6:30pm-8pm AA* 6:30pm-7:30pm	02 <b>Women Recovering Hope (closed)</b> 5pm-6pm	03 <b>MAT Orientation Grp</b> 12pm-1pm <b>Psychosocial Grp Closed</b> 1pm-2pm <b>Notables Music Therapy</b> 4pm-5pm <b>Latina Group</b> 4pm-6pm <b>MATx Recovery (drop in)</b> 5pm-6pm	04 <b>Psycho-educational Class at Change Point</b> 10am-11am <b>Cornerstone AA*</b> 7pm-8pm	05 <b>NA</b> 9:30am-11am <b>Al-Anon</b> 10:30am-12pm <b>Breaking Barriers</b> NA 1pm-2pm <b>Cornerstone AA*</b> 7pm-8pm
06 <b>Camping Committee</b> 5:30pm-6:30pm  <b>NO BS AA LGBTQ Meeting</b> 7pm-8pm	07 <b>Snap/Food Bank</b> 10am-11:30am <b>Monday Mindfulness</b> 2pm-3pm <b>Notables Music Therapy</b> 4pm-5pm <b>MAT Early Recovery Grp</b> 5:30pm-7:30pm <b>NA</b> 6pm-7pm <b>AA*</b> 7pm-8pm	08 <b>Next Steps Group</b> 12pm-1pm AA 6:30pm-8pm AA* 6:30pm-7:30pm	09 <b>Accept</b> 4pm-7pm  <b>Women Recovering Hope (closed)</b> 5pm-6pm	10 <b>Senior Food Truck</b> 1pm-1:30pm <b>MAT Orientation Grp</b> 12pm-1pm <b>Psychosocial Grp Closed</b> 1pm-2pm <b>Notables Music Therapy</b> 4pm-5pm <b>Latina Group</b> 4pm-6pm <b>MATx Recovery (drop in)</b> 5pm-6pm	11 <b>SPR Group</b> 6:30pm-9:30pm  <b>Cornerstone AA*</b> 7pm-8pm	12 <b>NA</b> 9:30am-11am <b>Al-Anon</b> 10:30am-12pm <b>Breaking Barriers</b> NA 1pm-2pm <b>Cornerstone AA*</b> 7pm-8pm
13 <b>AA Group Business Meeting</b> 5:30pm-6:30pm  <b>NO BS AA LGBTQ Meeting</b> 7pm-8pm	14 <b>Monday Mindfulness</b> 2pm-3pm <b>Notables Music Therapy</b> 4pm-5pm <b>MAT Early Recovery Grp</b> 5:30pm-7:30pm <b>NA</b> 6pm-7pm <b>AA*</b> 7pm-8pm	15 <b>Food Bank</b> 10am-11:30am <b>Care Chest</b> 10am-11:30am <b>Next Steps Group</b> 12pm-1pm AA 6:30pm-8pm AA* 6:30pm-7:30pm	16 <b>Women Recovering Hope (closed)</b> 5pm-6pm	17 <b>MAT Orientation Grp</b> 12pm-1pm <b>Psychosocial Grp Closed</b> 1pm-2pm <b>Notables Music Therapy</b> 4pm-5pm <b>Latina Group</b> 4pm-6pm <b>MATx Recovery (drop in)</b> 5pm-6pm	18  <b>Cornerstone AA*</b> 7pm-8pm	19 <b>NA</b> 9:30am-11am <b>Al-Anon</b> 10:30am-12pm <b>Breaking Barriers</b> NA 1pm-2pm <b>Cornerstone AA*</b> 7pm-8pm
20  <b>NO BS AA LGBTQ Meeting</b> 7pm-8pm	21 <b>Monday Mindfulness</b> 2pm-3pm <b>Notables Music Therapy</b> 4pm-5pm <b>MAT Early Recovery Grp</b> 5:30pm-7:30pm <b>NA</b> 6pm-7pm <b>AA*</b> 7pm-8pm	22 <b>Next Steps Group</b> 12pm-1pm <b>LGBTQ Veterans Meeting</b> 5:30pm-7pm AA 6:30pm-8pm AA* 6:30pm-7:30pm	23 <b>Women Recovering Hope (closed)</b> 5pm-6pm	24 <b>MAT Orientation Grp</b> 12pm-1pm <b>Psychosocial Grp Closed</b> 1pm-2pm <b>Notables Music Therapy</b> 4pm-5pm <b>Latina Group</b> 4pm-6pm <b>MATx Recovery (drop in)</b> 5pm-6pm	25 <b>Nevada Day HOPES Closed</b>  	26 <b>NA</b> 9:30am-11am <b>Al-Anon</b> 10:30am-12pm <b>Breaking Barriers</b> NA 1pm-2pm <b>Cornerstone AA*</b> 7pm-8pm
27  <b>NO BS AA LGBTQ Meeting</b> 7pm-8pm	28 <b>Monday Mindfulness</b> 2pm-3pm <b>Notables Music Therapy</b> 4pm-5pm <b>MAT Early Recovery Grp</b> 5:30pm-7:30pm <b>NA</b> 6pm-7pm <b>AA*</b> 7pm-8pm	29 <b>Next Steps Group</b> 12pm-1pm AA 6:30pm-8pm AA* 6:30pm-7:30pm	30 <b>Women Recovering Hope (closed)</b> 5pm-6pm	31 <b>Young Adult Group</b> 12pm-1pm <b>MAT Orientation Grp</b> 12pm-1pm <b>Psychosocial Grp Closed</b> 1pm-2pm <b>Notables Music Therapy</b> 4pm-5pm <b>Latina Group</b> 4pm-6pm <b>MATx Recovery (drop in)</b> 5pm	01	02

### Notes

\*LGBTQ Focused

Time and location subject to change without notice.

All Month:

**Medicaid Enrollment Monday-Friday 8:00am-5:00am**



## Group Descriptions

**AA:** Alcoholics Anonymous is an open group for recovering alcoholics that meets in the HOPES third floor community room.

**Accept:** Free health education and risk reduction group, open to people of all genders living with HIV/AIDS and their loved ones. Located in HOPES 3rd floor community room, dinner is at 5, speakers start at 5:30.

**Al-anon:** Women Only- Twelve Step, this meeting is open to the public and intended to support the friends and family of those affected by alcoholism. We meet in HOPES third floor community room.

**Care Chest:** Free medical resources for Nevadans in need including medical equipment/supplies, medical nutrition, prescription assistance, diabetic care supplies, and more. To qualify for these services please bring proof of residency and proof of income. The Care Chest Van will be parked on Ralston St.

**Latina Support Group:** This group was formed to open dialogue for Latina woman in our community that need a safe place to share in their native language. Any Spanish speaking Latina women is welcome to join. Latina group meets in the HOPES third floor Community Room A.

**LGBTQ Veterans Group:** Providing Support and Education for U.S. Veterans. Families and Friends welcome. For more information, contact Sherrie at 775-721-8131.

**Living in Balance:** Curriculum conveys to clients that they have the ability to achieve and maintain recovery from substance use disorders. LIB helps enhance clients' motivation and determination towards long-term recovery. This group is open to the community, and on a drop-in basis.

**MAT Early Recovery Group:** Is for current participants in the MAT program at HOPES. Participants will learn about what to expect in early recovery and build coping skills to tolerate distress, regulate emotions, and create a plan for personal triggers for substance use.

**MATx Recovery:** Patients are invited to come learn and share about how Opioid dependence has affected their lives; and how to utilize medication-assisted treatment in the most efficient way. Pts will learn new ways to manage distressing emotions and events; and will be invited to connect with one another in order to create a broader support network. This group is for patients currently in the MAT Program here at Hopes. For more information, please contact Danica Pierce.

**Medicaid:** A representative from the Department of Welfare will be here between the hours of 8-5pm Monday-Friday 3<sup>rd</sup> floor at a walk in basis.

**Monday Mindfulness:** Come in and get centered for the week ahead! Open group for all HOPES patients.

**Next Steps Group:** For individuals seeking support as they transition out of therapy. Located in the BH group Room. For more info you can contact Eleni or Jillian in BH.

**Notables Music Therapy:** Music Therapy is the research-based and therapeutic use of music to help people gain greater health and vitality. Music therapist are board-certified and licensed therapists who use music as their primary tool.

**NA:** Narcotics Associates is an open group that meets on the third floor community room every week.

**PFLAG Carson Region:** Group Meetings to support and educate loving families of LGBTQ people and allies. Contact Sherrie for more information at 775-721-8135.

**Senior Food Truck:** Must be 60 or older to qualify, this truck will be parked on Ralston.

**Women's Recovering Hope:** This is a closed group. Women who are in recovery from any form of addiction, substance or behavioral.

**Young Adult Group:** For young adults ages 18-23 seeking support through mindfulness, trauma informed yoga, and guided imagery practices. This is a closed group. Located in Community Room B.