A.W.A.R.E. CENTER
*Appreciating Wellness and Recovery Empowerment*

# November

Drop in anytime to hangout, go to groups, and have fun!

## MONDAY
8:30am-4pm

**9:30** Musical Monday
*Staff*

**11:30** Lunch

**12:30** Movie Monday
*Staff*

**FALL SPIRIT WEEK!**

**11.23 Cozy Day**



## TUESDAY
8:30am-4pm

**9:30** Rooted Within
*Mary Ann*

**11:00** Community Circle
*Jenn*

**11:30** Lunch

**12:30** LGBTQIA+ Connection
*Sam*

**1:30** Mindful Connections
*Sydney*

**11.24 Flannel Day**

## WENESDAY
8:30am-4pm

**9:30** Men's Group
*Jim*

**10:30** Wellness Wednesday
*Jenn*

**11:00** Community Circle
*Sam*

**11:30** Lunch

**12:30** Healing Thru Art
*Sam*

**1:30** Resilient Women
Jenn

**11.25 Fall Colors Day**

## THURSDAY
8:30am-4pm

**9:30** Resources 101
*Jenn*

**10:45** Moving Mindfully
*Sam*

**11:00** Community Circle
*Member-led*

**11:30** Lunch

**12:30** Write Your Story
*Sam*

**1:30** Readers' Retreat
*Jenn*

## FRIDAY
10am-4pm

**10:30** Musical Friday
*Staff*

**11:30** Lunch

**12:30** Friday Event
*Staff*

## SATURDAY
8:30am-4pm

**9:30** Showtime Saturday
*Staff*

**11:30** Lunch

**12:30** Sing, Play, & Connect
*Staff*




## SPECIAL EVENTS

**11.4 Ambassadors Meeting 11**
**11.6 Pool Tournament**
**11.11 Member Forum 11**
**11.13 Dental Lifeline Presentation**
**11.13 DQ Lunch for Loyalty Winners**
**11.18 Your Voice Your CRC 11**
**11.20 Birthday Bash Bingo**
**11.25 Apple Cider Social**
**11.26-28 CLOSED for Thanksgiving**

🤝Peer Support 🗃️ Case Management 🥫Emergency Food & Clothing 🍴Hot lunch 11:30-12:15 PM
Ancillary Services paused 11a - 1p
690 W. 84th Ave. Thornton, CO 80260 | 303-451-4288

# Group Descriptions

**Community Circle -** This group offers members the opportunity to connect with their community, learn about local events and available resources, and practice conversational and social skills that support overall mental wellbeing.

**Healing Thru Art -** This group provides a space where individuals can freely express thoughts and feelings through different art mediums (painting, drawing, sculpture, collage, and more.) Individuals can explore their emotions and express themselves through art, offering a unique tool for self-discovery and healing.

**LGBTQIA+ Connection -** This group meets every week to provide connection to anyone age 18 and older who identifies as part of the LGBTQIA+ community or allies of the LGBTQ+ community. This support group will include discussion, definition/terms, resources, etc.

**Moving Mindfully -** This group enhances physical wellbeing through low-intensity movements and activity. Members explore the relationship between physical health and mental wellness while engaging in accessible, body-positive exercise.

**Readers' Retreat -** This group supports members in maintaining wellness in a community setting by practicing socialization, building knowledge, and managing emotions. Members develop practical life skills – including checking out and returning library materials, asking for assistance, locating community resources, and navigating technology

**Resilient Women -** This group offers a safe, afforming space for women to explore topics specific to their mental health journey, including TOPIC. Staff facilitate discussion and encourage peer support while honoring each member's unique experience.

**Rooted Within -** This group offers a safe, inclusive space for members to explore personal beliefs, values, and sources of meaning – whether spiritual, religious, cultural, or personal. Through open conversation and reflection, members deepen self-awareness, build resilience, and connect with others in a respectful, nonjudgemental setting.

**Write Your Story -** This group offers an opportunity for members to express themselves through written word, through poetry, journaling, free writing, and other writing styles. Members will optionally share their writing and through staff facilitation, will discuss their writing and how it is relevant to their unique experience.

**Men's Group -** Men's group will look at what it means to be a man - how to solve problems, relate to other people, and consider what we've been taught to believe about men. We will build friendship and support while having frequent activities and occasional snacks.

**Mindful Connections** - The group will focus on building mindfulness, emotional regulation, health coping skills, and interpersonal skills through discussions and activities. Members will learn CBT and DBT skills to better manage emotions, challenge unhelpful thought patterns, and strengthen connections with themselves and others.

**Resources 101** - The goal of the group is to provide access to specific resources that are the focus for the month. With November being open enrollment for insurance, this month's focus will be about Medicare and Medicare/Medicaid Dual plans.

**Wellness Wednesday** - This is a 30-minute group that practices a mindfulness activity each week. Some practices include meditation, chair yoga, stretching, breathing exercises.