



**TUESDAYS**

**TEACHABLE MOMENTS** **9:00 AM**  
 Some days, it feels like we are scraping the bottom of the barrel to get by; fortunately, those who have gone before us have unearthed some great life lessons – all we have to do is explore their stories to find hope and inspiration.

Practitioner: Melissa



**MONDAYS**

**MANAGING ANXIETY** **9:00 AM**  
 Anxiety disorders affect about 40 million American adults. Symptoms can range from discomfort to feeling completely overwhelmed. This class can help you develop some effective coping strategies.

Practitioner: Lisa



**GUIDED JOURNALING** **10:00 AM**  
 “[Journaling] is like whispering to one’s self and listening at the same time.” (Mina Murray, *Dracula*) If you enjoy responding to writing prompts, this may be just the coping skill you never knew you had!

Practitioner: Laurel

**BUILDING BODY ACCEPTANCE** **11:00 AM**  
 Look in the mirror – what do you see? How do you feel about it? If your reflection makes you doubt yourself...then perhaps you need a better mirror!

Practitioner: Nicole



**LIVE IN COLOR** **1 PM – 2:30 PM**

Explore the world of “wild beasts”, take a spin around the color wheel, paint and create like Matisse, as we examine fauvism with shapes, form and collage!

Practitioner: Deanna

**TALKING POINTS** **10:00 AM**  
 Hear ye, hear ye! Come one, come all – learn to talk the talk! Improving the ability to communicate in stressful situations develops increased confidence and the ability to self-advocate.

Practitioner: Nicole

**THE FEAR FACTOR** **11:00 AM**  
 What would you do if you had no fear? Would you write a book, travel to a foreign land, strike up a conversation with that cute person on the bus? The possibilities are endless if we are able to face the fear that holds us back.

Practitioner: Laurel

**MUSIC IS HEALING**  **1:00 – 2:30 PM**  
 William James once said, “I don’t sing because I’m happy; I’m happy because I sing.” There are many proven benefits of music that can only enhance the recovery journey, and it’s just darn fun!

Practitioner: Dena

Join us Tuesdays through Thursdays for the inspiration of morning wisdom!  
**8:15 – 8:45 AM**

**WEDNESDAYS**

**LET IT GO!** **9:00 AM**  
 You’re singing, aren’t you? Good! It’s a great stress and anxiety reducer! Discover some other great stressbusters and coping skills – and lose some angst – during this class!

Practitioner: Lisa



\*All groups are one hour in length, unless otherwise noted.

# Aurora Services Class Schedule July 30th, 2018 to September 28th, 2018

## **ENABLING OR EMPOWERING? 10:00 AM**

There exists a thin line between helping and enabling. Enabling leads to a condition known as learned helplessness. Sound familiar at all? Join this group to break this pattern and seek empowerment.

Practitioner: Laurel

## **MINDFULNESS 11:00 AM**

Do you feel like you are drifting through life half unconscious? It is difficult to feel genuine happiness if you are not fully present, and being mindful can help you achieve this.

Practitioner: Lucas



## **LIVE IN COLOR 1 PM – 2:30 PM**

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Practitioner: Deanna

## **THURSDAYS**

### **WE CAN WORK IT OUT 9:00 AM**

Work can bring about all sorts of conflicts and dilemmas, at times making you want to just throw in the towel, yet work provides a valued role...learn how to tackle the rough spots!

Practitioner: Traci

### **IT'S ALL RELATIVE 10:00 AM**

Family is a gift, but family relationships can be tough. Throw in any extra stressors, and it could be a recipe for disaster! Learn how to better manage family dynamics in this group.

Practitioner: Lisa

### **TOTAL WELLNESS 11:00 AM**

Recovery involves taking a good inventory of the total person. There are no less than eight dimensions of wellness, and if even one is neglected, overall wellness can suffer.

Practitioner: Nicole

For additional information, please contact us:

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Beaver, PA 15009

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## **TECH TIME 1:00 PM**

As the world continues to be more and more entrenched in technology, it is easy to begin to feel lost. Do some continued work with the computers, and explore other technology that may interest you, in order to feel engaged with society.

Practitioner: Lucas



*\*FYI: Lucas is available for individual appointments to address anxiety related to technology. He is also a certified WRAP® Facilitator, and can work with you to complete this important tool. Feel free to schedule with him directly!*

## **FRIDAYS**

### **COMMUNITY MEETING 8:30 AM**

Come on in and join the discussion on ways to create positive recovery environments and opportunities. Be prepared to share goal-oriented action plans, and techniques that encourage forward momentum.

Practitioner: Laurel

### **SELF-IMPROVEMENT 9:30 AM – 11:00 AM**

Continue the journey of self-mastery with an exploration of the habits of highly successful people, the value of self-awareness, and top it off with a laugh of “Friday Funnies”.

Practitioner: Deanna

### **NUTRITION 11:00 AM**

Shhh! Do you hear that? It's your stomach. That last meal you ate? Not so good, and your body lets you know it! Come in and pick up some pointers for healthy eating – your body will thank you!

Practitioner: Dena

### **BREAK OUT: LUNCH PREP 11:00 AM**

Plan, cook, and serve the noon meal! Valuable life skills are focused on in the class, as well as introducing a sense of accomplishment and responsibility.

Practitioner: Lisa



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7/26/18