

HERO Discovery Center

212 E Osborn Rd
Phoenix, AZ 85012

Staff:

*Steven Saucedo
(Manager)
602-214-9231*

HERO Hours of Operation:

Mon & Thurs 11:30am-
3pm
Tues-Wed 9-11:30am

REN Hours Monday-
Saturday 7:30-3:00
Breakfast from 7:30am-9:00am
Lunch from 11:45am-12:45pm



***Calendar subject to change
Community events are
in *italics*, Outings in
bold. Sign up for events
at renaz.org/Events**

HERO February Calendar

Healthy Cooking— Come learn how to make some simple dishes and learn independent living skills.

Motivation— Lets talk about our struggles with motivation and awareness to embark on building it.

Tempe Town Lake— Get outside and have some fun in the park with HERO.

Valentines Day Party— Let's explore the love we have to give in our heart for others by celebrating the day of love together.

Crafts— Come enjoy a relaxing day of crafts as we create some amazing diamond art!

Let's Go!— come as we venture off on some fun community outings with your fellow peers!

Movie Day— Come as we watch a fun film dedicated to mental health while enjoying some good ole snacks!

Music Appreciation— music is a way of healing, especially when you share what your favorite songs mean to you on a deeper level. Come and experience a beautiful day dedicated to your favorite tunes.

Please keep in mind that you can always participate in groups on outings and non-HERO days as well. Make sure that you sign up for events at renaz.org/events. While there are some occasions that I take just HERO on an outing, we often join RIA and you must be signed up to attend. You can contact myself during business hours, the front desk or your case manager for rides and consider the activity that is scheduled to dress accordingly. Excited for another great month for learning in recovery and growing in skills. Happy February!

