

HERO Discovery Center

212 E Osborn Rd.
Phoenix AZ 85012

Staff:
Steven Saucedo
(Supervisor)
(602) 214-9231

HERO Hours of Operation:

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

**Hours 7:30-3pm
Monday-Sat**

Breakfast from 7:30-9:00am
Lunch from 11:45am-12:45pm

**ALL Outings are bold on the
calendar. Community Events
are in Italics. Keep a look out*



for these events.
Calendar is subject to change.

Sign up for events at renaz.org/Events

HERO July Calendar

MON.	TUE.	WED.	THU.	FRI.	SAT.
	1	2	3	4 Closed for 4th of July 	6
7 REN on the move 11:30-3PM 	8 Recovery Games 9-11:30am 	9 Expressions through art 9-11:30 AM 	10 Bowlero 11:30am-3pm 	11	12
14 REN on the move 11:30-3PM 	15 Cooking Skills: TBD 9-11:30AM 	16 Painting By Numbers 9-11:30AM 	17 Bowlero 11:30am-3pm 	18 ALLSTAFF CLOSED 	19
21 REN on the move 11:30-3PM 	22 Letter to Myself/ Affirmations 9-11:30AM 	23 Stay Cool Smoothies 9-11:30am 	24 Bowlero 11:30am-3PM 	25	26
28 REN on the move 11:30-3PM 	39 HERO Movie Day! 9-11:30am 	30 HERO crafts 9-11:30AM 			

1:1 Time Available - This is an opportunity to have some time with the program manager to openly discuss what's going on.

Art - This is a time to creatively express yourself through the planned art activity, we will be doing anime art and pour art this month!

Boundaries - Everyone's boundaries are different. Let's improve how close we get to one another's.

Bowling— Lets go practice some social decorum and build social skills at Let It Roll Bowl!

Calendar— Come help HERO put together a calendar of your dreams! We are always open to your helping you meet your needs.

Cooking Skills— Lets learn how to make a snack or meal to be more independent as well as add to your health.

Friendships— What does it take to be a good friend and what do you require in friendship; lets look at our interpersonal skills.

Games - Play your favorite board and card games at the HERO Center.

Movies- Come to HERO and let's associate HERO Values to our favorite film.

Positive Affirmations - Take time to explore positive affirmations to lift your spirits and self-esteem.

Self Care— How do you practice self care and in what ways can you take time for yourself.

Make sure to sign up for REN events and also contact when you need help setting cabs—your clinic can help you and we are available to help as well! Also note the days that REN is closed and make sure to cancel your cabs on those days. Look forward to seeing you all for the next fun month of recovery in HERO!!