

HERO July Calendar

HERO Discovery Center

212 E Osborn Rd.
Phoenix AZ 85012

Staff:
Steven Saucedo
(Manager)
(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

MON.	TUE.	WED.	THU.	FRI.	SAT.
		1 Closed for Allstaff 	2 Lets Go! Goodwill 11:30am-3pm 	3 Closed for 4th of July 	4 Closed due to 4th of July
6 REN on the move: Burton Barr Library 11:30-3PM 	7 Scrapbooking 9-11:30am 	8 Expressions through art 9-11:30 AM 	9 Lets Go! La Familia Liquidation 11:30am-3pm 	10	11
13 REN on the move: Encanto Pool 11:30-3PM 	14 Stay Cool Smoothies 9-11:30AM 	15 Spirit animal art 9-11:30AM 	16 Lets Go! Five and Below 11:30am-3pm 	17	18
20 REN on the move: Encanto Pool 11:30-3PM 	21 Letter to Myself/ Affirmations 9-11:30AM 	22 Cooking Skills 9-11:30am 	23 Lets Go! La Familia Liquidation 11:30am-3PM 	24	25
27 REN on the move: Encanto Pool 11:30-3PM 	28 HERO Movie Day! 9-11:30am 	29 Marble Paint 9-11:30AM 	30 Lets Go! Christown Mall 11:30am-3pm 	31	

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.

Cooking Skills—Let's 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; let's 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!!

