

**HERO
Discovery
Center**

212 E Osborn Rd
Phoenix, AZ 85012
(602) 762-1446

Staff:
Jennifer Alonso
(Recovery Coach)
602-762-1446

**Hours of
Operation:**

Monday-Friday
7:30am-3:00pm

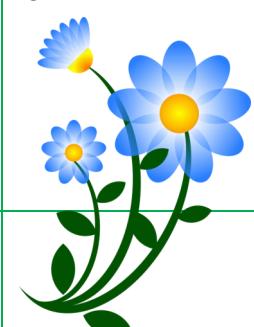
Breakfast from 8am-9am
Lunch from 11:30am-12:30pm

***ALL Outings are bold on
the calendar. Calendar is**



subject to change as
needed.

HERO March Calendar

MON.	TUE.	WED.	THU.	FRI.	Sat.
2 <i>Boyce Thompson Arboretum 9-2:30</i>	3 9-11:30 am HERO meeting to discuss groups and check in 12:30-3 pm Join REN	4 9-11:30 am Join REN 12:30-3 Guided Painting on Canvas/ART	5 9-11:30 am Join REN 12:30-2 Saguaro Ranch Outing	6 9-11:30am Fun Friday and Documentary/Discussion 12:30-3pm GYM	7 
9 9- 11:30am Harvest for Compassion 12:30-3pm Communication in friendships/ RESPECT and MUTUALITY	10 9-11:30am Join REN 12:30 -2:30 pm Zia Records	11 9-3pm <i>Member Activities and meeting</i> <i>MY LIFE 5:30—8PM</i>	12 9-11:30 Join REN 12:30—3pm Coping skills and overcoming depression	13 9-11:30am Fun Friday and Board Games/Team Building 12:30-3pm GYM	14
16 9- 11:30am Hiking and Health Topics 12:30-3pm Join REN	17 9-11:30am Library/Book Club (find books and fun time reading) 12:30 -3pm - Join REN	18 CLOSED FOR ALL STAFF	19 <i>Talent Show And Diversity (Russia and Greece)</i>	20 9-11:30am Fun Friday and Documentary/Discussion 12:30-3pm GYM	21
23 9- 11:30am Samurai Comic Book Store 12:30-3pm Join REN	24 9-11:30am Join REN 12:30-3pm Bowling and Socialization	25 9-1:30 pm Horse Ranch Volunteering 1:30-3 Join REN	26 9:-11:30 Join REN 12:30-3pm Costco Pizza day and Comradery Day	27 9-11:30am Fun Friday and Board Games/Team Building 12:30-3pm GYM	28 
30 9-10:00am Join REN 10:00—2:30 PM Shamrock Farms	31 9- 11:30am Bi Polar Awareness/Symptom Management 12:30-3pm TIP Goals/ What do you want to do next?	 KEEP CALM AND PINCH ON			

Art - This is a time to creatively express yourself through the planned art activity.

Bi-Polar Awareness—This is an opportunity to learn valuable information about this diagnosis.

Bowling - Let's get a STRIKE in HERO at let it roll bowling. Join us for a fun game of bowling.

Budgeting— Learning how to budget and save for a rainy day.

Career Movements - Explore how to get and keep a job by building your knowledge and skills to get it done!

Cooking Skills— Learn how to prepare meals on a budget!

Comic Book Store - Join HERO in exploring a local store to find our favorite super HERO's.

Computer Lab/ Time to Unwind— This is an opportunity to utilize HERO's computers every day or just relax.

Communication - Let's talk about how we can communicate with others better and form connections.

Coping Skills— Learn how to deal with life experiences in new ways , working through anger, grief and symptoms.

Costco Comradery Day— Lets spend some time bonding over pizza and talking about MUTUALITY, how we come together as a community through friendship, respect and compassion for peers.

Creative Writing - Writing is essential for expression, coping, recovery, and discovery.

Friday Fun- Come join us for a fun-filled day at HERO with Ping Pong, Video Games, outdoor activities, card games, and BINGO.

Goals— Prepare goals for the week to move you into your future.

Gym and Swim- Exercise and wellness is vital to maintaining a healthy lifestyle. Every Tuesday, HERO goes to Ability360 Sports and Fitness Center to partake in gym activities.

Hiking - Let's explore nature for a break from the busy life in the city.

Laugh Factory— Bring your laughter and lighten the mood.

Lunch- Thank you REN Café for providing our lunch.

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

Music Appreciation- Music is the soundtrack to our lives. Let's immerse ourselves into the culture and learn more about it.

Taking Charge - Hero's will dialogue about how to take charge of their life and learn the skills to do so successfully.

Recovery Talk— Come and bring your recovery to life and talk about real every day struggles that we face.

Samurai Comic Books Store— This is the store you all wanted to check out, please bring money if you would like to buy something!

Team Building— This is an opportunity for the HERO to work on being a team through a fun and interactive activity.

TIP Goals—Lets look at what plans we have as adults as we dream big and set goals.

Zia Records - Let's explore the world of music by checking out this record store.

Zoo— Hang out with peers while we socialize and explore the Phoenix Zoo.