

WICKENBURG CALENDAR - SEPTEMBER 2019



**REN Wickenburg meets at
232 N Tegner St.
Wickenburg AZ
85390
(St. Anthony's)**

**One on one peer support available by appointment.
Call Crystal
602-390-1926**

*Groups/ activities subject to change due to unforeseen circumstances.



MON	TUES	WED	THU	FRI
2 REN CLOSED IN OBSERVANCE OF LABOR DAY	3 1:1's BY APPOINTMENT	4 9-1 Member Meeting 	5 1:1s BY APPOINTMENT 1030-1 Saguaro Janes Outing (OFFSITE/ Limit 3)	6 WICKENBURG CENTER CLOSED
9 9-11 Assertiveness and Boundaries 11-1 Movie Monday 1-3 1:1s	10 WICKENBURG CENTER CLOSED	11 9-11 Store Outing (OFFSITE) 11-1 Healthy Cooking Class 1-3 1:1s	12 1:1s BY APPOINTMENT 1030-1 Saguaro Janes Outing (OFFSITE/ Limit 3)	13 9-1 Diabetes and Nutrition Awareness 1-3 1:1s
16 WICKENBURG CENTER CLOSED	17 MOVIE OUTING: 10-330 (OFFSITE) *please arrive at the Center at 9AM we will return by 330PM *Limit 5	18 9-1145 Diabetes and Nutrition Awareness 1145-1:15 Community Nutrition Class WCH (OFFSITE) *Limit 5 1-3 1:1s	19 REN CLOSED FOR STAFF TRAINING	20 REN CLOSED FOR STAFF TRAINING
23 9-11 Assertiveness and Boundaries 11-1 Movie Monday 1-3 1:1s	24 1:1's BY APPOINTMENT 	25 9-11 Soroptomist Outing/ Budgeting (OFFSITE) 11-1 Self Esteem 	26 WICKENBURG CENTER CLOSED 9-3 Festival Of Arts (OFFSITE) *Limit 5 *See Crystal for sign up and transportation options	27 9-1 Diabetes and Nutrition Awareness 1-3 1:1s
30 9-11 Assertiveness and Boundaries 11-1 Movie Monday 1-3 1:1s	 <h1>SEPTEMBER</h1>			

Description Of Groups and Activities for REN Wickenburg

Advocacy: Learn the advocacy skills to better communicate with others and take an active role in our journey.

Assertiveness and Boundaries: Discover techniques in setting boundaries, discovering the art of compassionate communication and skills for enhancing relationships with others.

Budgeting: Learn tips and techniques and share ideas that may improve our financial dimensions of wellness.

Budgeting on a Dime: This monthly interactive activity allows us to put our budgeting skills into practice in a community setting.

Diabetes and Nutrition Awareness: Learn and discover ways of implementing changes on creating a healthier lifestyle and improving our overall health and wellness.

Healthy Cooking Class: Join us for this hands-on cooking class where we create a list, research nutritional information, practice budgeting skills and prepare a nutritional recipe.

Meditation: Join us for an offsite guided group meditation in the community, featuring a variety of formats including sound, essential oils, walking, or focal, led by skilled facilitator trained in Reiki healing.

Movie Outing: Join us for an outing to the movies and enjoy a show. Bring extra money for a snack and drink, if you would like. Lunch is provided.

Open Topic: No materials needed for this one, share what's on your mind in a environment that offers safety and belonging.

Saguaro Jane's : This outing is for members in the Wittmann and Wickenburg area. Join us in receiving an abundance of fresh produce, grains and meals from this wonderful resource in Wittmann. *Limit 3, see Crystal for sign up, zip code eligible.

Self Esteem/Self Care: Explore techniques that may improve self esteem and increase overall wellness and explore the importance of having a self care routine.

Soroptomist Outing/ Budgeting: Members receive a budget of \$5 to spend while learning techniques to be resourceful and thrifty.

One on One Support: Staff is available before and after groups for support in moving towards your individual goals.