

# WICKENBURG CALENDAR - OCTOBER 2019



## REN Wickenburg

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

**One-on-one peer  
support available by  
appointment.**

**Contact Crystal  
602-390-1926**

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

MON	TUES	WED	THU	FRI
	<b>1</b> 1:1'S BY APPOINTMENT	<b>2</b> 9-1 Member Meeting 1-3 1:1s 	<b>3</b> 1:1s BY APPOINTMENT  1030-1 Saguaro Janes Outing (OFFSITE/ Limit 3)	<b>4</b> <b>WICKENBURG CENTER CLOSED</b>
<b>7</b> <b>WICKENBURG CENTER CLOSED</b>	<b>8</b> <b>WICKENBURG CENTER CLOSED</b>	<b>9</b> <b>WICKENBURG CENTER CLOSED</b>	<b>10</b> <b>WICKENBURG CENTER CLOSED</b>	<b>11</b> <b>WICKENBURG CENTER CLOSED</b>
<b>14</b> 9-12 Assertiveness and Boundaries <b>12-1 Meditation (OFFSITE)</b> 1-3 1:1s	<b>15</b> <b>9-330 Movie Outing (OFFSITE) *Lim 5</b> <b>*please arrive at the center at 9, we will return by 330</b>	<b>16</b> <b>REN CLOSED FOR STAFF TRAINING</b>	<b>17</b> <b>WICKENBURG CENTER CLOSED</b>	<b>18</b> 9-1 Diabetes and Nutrition Awareness 1-3 1:1s 
<b>21</b> 9-12 Assertiveness and Boundaries <b>12-1 Meditation (OFFSITE)</b> 1-3 1:1s	<b>22</b> 1:1's BY APPOINTMENT	<b>23</b> <b>9-11 Outing to the Store 11-1 Healthy Cooking Class</b> 1-3 1:1s 	<b>24</b> 1:1s BY APPOINTMENT 1030-1 Saguaro Janes Outing (OFFSITE/ Limit 3)	<b>25</b> 9-1 Diabetes and Nutrition Awareness <b>1-3 Presentation on Climate Change at the Wickenburg Library (OFFSITE)</b>
<b>28</b> 9-12 Assertiveness and Boundaries <b>12-1 Meditation (OFFSITE)</b> 1-3 1:1s 	<b>29</b> 1:1's BY APPOINTMENT	<b>30</b> <b>WICKENBURG CENTER CLOSED</b> <b>Costume Party REN Phoenix - see Crystal for transportation options</b>  *See Crystal for transportation options	<b>31</b>  1:1s BY APPOINTMENT  1030-1 Saguaro Janes Outing (OFFSITE/ Limit 3)	



## **Description Of Groups and Activities for REN Wickenburg**

**Advocacy:** Learn the seven 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.

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

**Meditation:** Join us for an offsite guided group meditation led by a 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.

**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.

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