

RECOVERY Empowerment NETWORK

REN Wickenburg Calendar - March 2020

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

Call Crystal **602.390.1926** for more information

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9-12 Self Esteem 12-1 Meditation (OFFSITE) 1:1s</p>	<p>7</p> <p>1:1'S BY APPOINTMENT</p>	<p>4</p> <p>9-1 Food Bank Registration 1:1s</p>	<p>5</p> <p>1:1's BY APPOINTMENT 10:30-1 Saguaro Jane's Outing (OFFSITE/ Lim 3)</p>	<p>6</p> <p>9-1 Member Meeting 1:1's</p> 
<p>9</p> <p>9-12 Self Esteem 12-1 Meditation (OFFSITE) 1:1s</p>	<p>10</p> <p>1:1'S BY APPOINTMENT</p>	<p>11</p> <p>9-1 Food Bank Registration 1:1s</p>	<p>12</p> <p>1:1's BY APPOINTMENT 10:30-1 Saguaro Jane's Outing (OFFSITE/ Lim 3)</p>	<p>13</p> <p>WICKENBURG CENTER CLOSED</p>
<p>16</p> <p>WICKENBURG CENTER CLOSED</p>	<p>17</p> <p>WICKENBURG CENTER CLOSED</p>	<p>18</p> <p>WICKENBURG CENTER CLOSED</p>	<p>19</p> <p>WICKENBURG CENTER CLOSED</p>	<p>20</p> <p>WICKENBURG CENTER CLOSED</p>
<p>23</p> <p>9-12 Self Esteem 12-1 Meditation (OFFSITE) 1:1s</p>	<p>24</p> <p>MOVIE OUTING: 9-330 (OFFSITE) *please arrive at the Center by 9, we will return by 330PM *Limit 5</p>	<p>25</p> <p>9-11 Outing to the Store for cooking class items (OFFSITE) 11-1 Healthy Cooking Class 1:1s</p> 	<p>26</p> <p>1:1's BY APPOINTMENT 10:30-1 Saguaro Jane's Outing (OFFSITE/ Lim 3)</p>	<p>27</p> <p>9-1 Fun Friday: Star Wars and Clay 1:1's</p> 
<p>30</p> <p>9-12 Self Esteem 12-1 Meditation (OFFSITE) 1:1s</p>	<p>31</p> <p>WICKENBURG CENTER CLOSED</p>			

Groups/ Classes/ Outings offered at 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.

Budgeting on a Dime: This monthly interactive activity allows us to put our budgeting skills into practice while enjoying a meal with peers and celebrating monthly accomplishments.

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.