



COCHISE COUNTY CENTERS
 1201 E. Fry BLVD, Sierra Vista, AZ. 85635
 661 N. G. Ave Douglas AZ. 85607
 Phone: (520) 459-2624 Fax: (520) 300-7269
info@hopearizona.org www.hopearizona.org



GROUP SCHEDULE MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Therapeutic Day Program 9:00AM-2:00PM Sierra Vista, AZ	Therapeutic Day Program 9:00AM-2:00PM Sierra Vista, AZ	Therapeutic Day Program 9:00AM-2:00PM Sierra Vista, AZ. <hr/> Therapeutic Day Program 9:00AM- 2:00PM Douglas, AZ	Therapeutic Day Program 9:00AM-2:00PM Sierra Vista, AZ. <hr/> Therapeutic Day Program 9:00AM-2:00PM Douglas, AZ	Therapeutic Day Program 10:00AM-2:00PM Sierra Vista, AZ. <hr/> Therapeutic Day Program 9:00AM-2:00PM Douglas, AZ	Please ask more about the HOPE INC shower schedule.
12:00PM- 2:00PM COMMODITIES Please call Regina at 520-559-5461 (providing if available)	11:00 AM-2:00 PM I.O.P. Understand the disease of addiction. Lengthen recovery time. Learn how to utilize community/family and social supports	11:00 AM-2:00 PM I.O.P. Build a recovery lifestyle. Recognize potential dangers to recovery	11:00 AM-2:00 PM I.O.P. Improve self-care. Effectively utilize time management. Learn the significance of personal accountability	10:00AM- 12:00 PM SMART Recovery SMART Recovery teaches people how to control their addictive behavior by focusing on underlying thoughts and feelings.	Please call 520-459-2624 for information about getting a tour of HOPE or about our services
2:15PM-4:00PM SAMHSA'S Anger Management Learn how to cope and control anger before it controls you. This is done with tips and tools that help you learn, recognize as well as how to cope, express, and control your anger.	04:00PM- 06:00 PM SMART Recovery SMART Recovery teaches people how to control their addictive behavior by focusing on underlying thoughts and feelings.		COMING SOON!!! SIGN UP NOW!!! SAMHSA'S Healthy Relationships & Keeping In Touch: The Key to Maintaining Connections & Triple P		Community resources Monday – Friday during business hours.



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An orange circle graphic containing the text "We're in it together." in white, sans-serif font.

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