



TUCSON CENTER
1200 N Country Club, Tucson, AZ
Phone: (520) 903-6610 FAX (520) 300-8071
info@hopearizona.org · www.hopearizona.org

We're
in it
together.

September 2026 Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM-9:30 AM Breakfast served 9:00 AM -10:15 AM <u>Start Your Week</u> Counseling: Daniel Room C	8:30 AM-9:30 AM Breakfast served 9:00 AM-10:15 AM <u>DBT</u> Counseling: Cinthya Room C	8:30 AM-9:30 AM Breakfast served 9:00 AM – 10:15 AM <u>Seasons of Recovery</u> Counseling: Jacob Room C	8:30 AM-9:30 AM Breakfast served 9:00 AM – 10:15 AM <u>Rage to Resilience</u> Counseling: Jacob Room C	8:30 AM-9:30 AM Breakfast served 9:00 AM – 10:15 AM <u>Let Them</u> Counseling: Kayla- Room C 9:00 AM – 10:15 AM <u>LGBTQIA+</u> Counseling: Susana – Room D	8:30 AM – 10:00 AM <u>Relapse Prevention</u> Counseling: Cinthya Room B Grief & Loss Counseling: Suzy Room C 9:00 AM-12:00 PM <u>IOP MAKE-UP</u> Crystal
10:45 AM-12:00PM <u>Mind over Mood</u> Peer Support: Alex Room C 12:30-1:30pm Lunch Served	10:45 AM-12:00PM <u>Relapse Prevention</u> Peer Support: Alex Room C 12:30-1:30pm Lunch Served	10:45 AM-12:00PM <u>Relationship Reset</u> Counseling: Kayla Room C 12:30-1:30pm Lunch Served	10:45 AM-12:00PM <u>Creative Expressions</u> Counseling: Suzy Room D 12:30-1:30pm Lunch Served	10:45 AM-12:00PM <u>Serenity Circle</u> Counseling: Suzy Room D <u>COMMUNITY FORUM</u> 12:45 – 1:30 pm First Friday of each month Dayroom 12:30-1:30pm Lunch Served	10:15 AM-11:45 AM <u>Rage to Resilience</u> Counseling: Cinthya Room B <u>Peer to Peer</u> Counseling: Suzy Room C
1:30 PM-2:45 PM <u>ASD and Allies</u> Counseling: Kayla Room D	1:30 PM-2:45 PM <u>Journaling: Getting to Know Me</u> Counseling: Suzy Room C	1:30 PM-2:45PM <u>Wholehearted Living</u> Counseling: Suzy Room C	1:30 PM-2:45 PM <u>SMART Recovery</u> Counseling: Daniel Room C	1:30 PM-2:45 PM <u>Wellness Warriors</u> Counseling: Jacob Room C	
5:00PM-8:00PM	3:00 PM – 4:00 PM <u>Chair Yoga</u> Skills: Suzy 2nd & 4th Tuesday 5:00PM-8:00PM <u>Evening IOP: Crystal</u> - Room C 5:00 PM – 6:30 PM <u>Women's MRT</u> - Closed group Jacob – Room D	5:00PM-8:00PM <u>Evening IOP</u> Crystal Room C	4:00 PM – 6:00 PM No Group 5:00 PM – 6:30 PM <u>Men's MRT</u> - Closed group Jacob 5:00 PM – 8:00 PM <u>Evening IOP</u> Crystal Room C	1:30-3pm Every Friday <u>TGIF!</u> <u>Rotating staff</u> Member Council Dayroom	September Events: 9/4 – Community Forum 9/7 - Closed Labor Day 9/18 – Community Forum 9/25 – Recovery Jamboree

Supervised Day Program: Monday through Friday 10AM – 3 PM with Reina, in person only.

Schedule Key: In person only (blue)

Therapeutic Day Program: Monday through Friday 10AM – 3 PM with Montana and William, in person only.

Hybrid (green)

Group Links: Group Room B: <https://hopearizona-org.zoom.us/j/81623827115> Group Room C: <https://hopearizona-org.zoom.us/j/83139855512>

Group Room D: <https://hopearizona-org.zoom.us/j/88370426660>

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<u>Start Your Week</u> Talk about your weekend, what went well, what didn't, and let's make plans for the week.	<u>Dialectical Behavioral Therapy (DBT)</u> DBT can help address destructive behaviors and thought patterns like self-harm, substance abuse, and suicidality. Useful to address mood concerns such as depression and anxiety. Learn and practice skills to aid you with managing your life!	<u>Seasons of Recovery</u> This Recovery focused group aims to equip individuals with practical tools such as CBT to manage challenges related to addiction along with other behavioral health concerns. Explores various coping mechanisms to manage these challenges to include, techniques for stress management, conflict resolution, and navigating in their recovery all within a supportive environment.	<u>Rage to Resilience</u> Learn strategies members can use to control their responses to anger-provoking situations. Members will develop a meaningful understanding of anger and where it comes from, as well as develop healthy ways to manage and express anger	<u>Let Them</u> Let Them is a mindset tool for reducing stress by accepting you can't control others' actions, thoughts, or feelings, freeing you to focus on your own responses and energy. It involves saying "let them" when frustrated by others and saying "let me" to re-direct your power to your own choices and actions, rather than trying to change them. This promotes emotional resilience, healthier boundaries and personal growth by shifting focus from external drama to internal control, helping you let people be who they are while you focus on your own fulfillment.	<u>Grief & Loss</u> Connect with others dealing with grief and loss due to the loss of a loved one, relationship, health issues and other situations that cause intense feelings of grief.
<u>Mind Over Mood</u> Change how you feel by changing how you think. Members learn how to identify their thoughts, moods, and behaviors in small situations as well as during major events. Members will test the meaning and usefulness of various thoughts and explore their thinking patterns and change their dysfunctional moods, behaviors, or relationship interactions.	<u>Relapse prevention</u> Members learn to identify triggers to their addiction, are provided with tools and skills to successfully manage their sobriety, and process specific situations they may find themselves in.	<u>Relationship Reset</u> This is a counseling group to help members identify current and past relationship problems and to build better and healthier relationships through education, understanding, and support.	<u>Creative Expressions</u> Members learn to manage, resolve, or prevent current and future behavioral health and SA issues through artistic expression, education, and self-reflection. A variety of art forms are explored: drawing, painting, clay work sculpting, creative writing and music	<u>Serenity Circle</u> The purpose of the group is to explore the relationship between stress and anxiety, as well as depression. Based on the principle that to change a person's feelings and behaviors, a person must take control of their thinking. Includes introduction and practice of stress/anxiety/depression management techniques.	<u>Peer to Peer</u> A collaborative community where members come together weekly to share and learn from a curated curriculum focused on behavioral health and addiction. Each session features a different member leading their peers in discussions and activities, guided by an experienced facilitator who ensures a supportive and enriching environment.



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<u>ASD and Allies</u>	<u>Journaling</u>	<u>Wholehearted Living/Brene Brown</u>	<u>SMART Recovery</u>	<u>Wellness Warriors</u>	
This group will focus on developing living skills and coping skills, communication skills, and working with your symptoms not against them. We will discuss the various challenges being a neurodivergent can have and how to overcome some of those obstacles.	Members will journal about different topics along with their thoughts and feelings related to personal life experiences, both joyful and challenging.	Recovery is Journey in which we attempt to live our best life one day at a time. This group will explore a variety of Recovery Based Topics and Tools that we can use to build our Resilience and Understanding.	S.M.A.R.T. stands for Self-Management and Recovery Training. This group is a self-empowering addiction and behavior changing group, where participants learn tools for recovery.	Members will explore ways to increase their wellness in each area and develop coping skills, and work towards recovery Physical Wellness Environmental Wellness Social Wellness Emotional Wellness Intellectual Wellness Spiritual Wellness Occupational Wellness Financial Wellness.	



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	<u>Chair Yoga</u> All level seated yoga class with adaptations for everyone!		<u>Triple P</u> An evidence-based parenting program that offers a toolbox of ideas for you to use and how you want to use them. It is an eight week group. The first 4 weeks are structured as a group setting, sessions 5, 6, and 7 are individual sessions and week 8 is a group setting	<u>TGIF!</u> A lighthearted and fun group to socialize, practice your skills and play the occasional game.	
	<u>Men's MRT</u> Moral Recognition Therapy (MRT) is a therapeutic approach that addresses both substance abuse and behavioral health issues. It focuses on the development of moral reasoning and an individual's ability to reflect on their choices and values. All groups at Hope are conducted by Certified MRT Facilitators	<u>Finding Yourself</u> JOIN this group of "self-discoverers" using brief guided meditations and sharing insights in group therapy to focus on exploring and improving your inner world of emotional messages and limiting beliefs. To improve confidence in yourself, in relationships, and your experience in the world, decreasing depressed and anxious mood.	<u>Women's MRT</u> Moral Recognition Therapy (MRT) is a therapeutic approach that addresses both substance abuse and behavioral health issues. It focuses on the development of moral reasoning and an individual's ability to reflect on their choices and values. All groups at Hope are conducted by Certified MRT Facilitators	<u>Women's Group (Closed group for 10 weeks)</u> Substance Use & PTSD Support This therapist-led group utilizes Seeking Safety, an evidence-based, trauma-informed therapy designed to address the impact of trauma and substance use. Participants will engage in structured sessions that emphasize coping skills, safety, and resilience. The group provides a supportive environment where individuals can learn practical strategies to manage triggers, reduce harmful behaviors, and strengthen recovery.	<u>IOP Intensive Outpatient Program</u> The IOP group provides structured treatment focused on developing coping skills, relapse-prevention strategies, emotional regulation, substance-use education, recovery planning, and support in applying these skills in daily life. It offers a higher level of therapeutic support through multiple weekly sessions to help members stabilize, increase functioning, and maintain recovery.