



NOGALES CENTER
1891 N Mastick Way, Nogales, AZ
Phone: (520) 287-9612 Fax: (520) 300-7353
info@hopearizona.org www.hopearizona.org



GROUP SCHEDULE SEPTEMBER 2026

Call the site at (520) 287-9612 to provide your email address so you can connect. You may also connect through the Zoom app.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM – 10:00 AM Women's Moral Reconation Therapy (MRT) – Karina C 	9:00 AM – 10:00 AM Improving Self-Esteem – Marla C 9:00 AM – 12:00 PM Intensive Outpatient Program (IOP) – Enrique B	9:00 AM – 10:00 AM Coping with Anxiety and Depression – Marla C Superando la Ansiedad – Yolanda T 9:00 AM – 12:00 PM Intensive Outpatient Program (IOP) – Enrique B	9:00 AM – 10:00 AM Mindful Motion – Yolanda T GED Preparation – Karina C 9:00 AM – 12:00 PM Intensive Outpatient Program (IOP) – Enrique B	9:00 AM – 10:00 AM Morning Wellness – Marla C 9:00 AM – 12:00 PM Intensive Outpatient Program (IOP) Make Up Day
10:00 AM – 11:00 AM Art for the Heart – Marla C Gardening Group – Karina C	10:00 AM – 11:00 AM Positive Affirmations – Yolanda T	10:00 AM – 11:00 AM Healthy Habits – Yolanda Ts	10:00 AM – 11:00 AM 8 Dimensions of Wellness – Marla C	10:00 AM – 11:00 AM Strengths-Based Relationships – Talina P Weekend Wellness – Karina C
11:00 AM – 12:00 PM Practicing Self-Care – Marla C Practicando el Autocuidado – Yolanda T	11:00 AM – 12:00 PM Prioritizing Yourself – Talina P	11:00 AM – 12:00 PM Increasing Mindfulness – Karina C Social and Living Skills – Marla P	11:00 AM – 12:00 PM Hands-On Cooking – Liz P (Group on 9/10 & 9/24) Wellness Recovery Action Plan (WRAP) – Luis G (Group on 9/3 & 9/17)	11:00 AM – 12:00 PM Mental Health Education – Yolanda T
1:00 PM – 2:00 PM Mental Health Monday – Alfonso V	1:00 PM – 2:00 PM Building Emotional Intelligence – Alfonso V	1:00 PM – 2:00 PM Living with Gratitude – Alfonso V	1:00 PM – 2:00 PM Overcoming Guilt & Shame – Karina C	1:00 PM – 2:00 PM Journaling – Alfonso V



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Monday	Tuesday	Wednesday	Thursday	Friday
1:00 PM – 2:00 PM Seeking Safety – Luis G (Substance Use Recovery) Zoom ID: 829 1283 3993 En Busca de la Seguridad – Karina C (Recuperación del consumo de sustancias) Zoom ID: 824 3523 6005	1:00 PM – 2:00 PM Wellness Wheel – Karina C (Substance Use Recovery) Zoom ID: 829 1283 3993 3:00 PM – 4:30 PM Men's Moral Reconciliation Therapy (MRT) – Luis G (Group in Person Only) Men's Moral Reconciliation Therapy (MRT) en Español – Yolanda T (Grupo solo en persona)	1:00 PM – 2:00 PM Substance Use Education – Yolanda T (Substance Use Recovery) Zoom ID: 829 1283 3993 Educación sobre el consumo de sustancias – Karina C (Recuperación del consumo de sustancias) Zoom ID: 824 3523 6005	1:00 PM – 2:00 PM Anger Management – Yolanda T (Substance Use Recovery) Zoom ID: 829 1283 3993	1:00 PM – 2:00 PM SMART Recovery – Karina C (Substance Use Recovery) Zoom ID: 829 1283 3993 Recuperación SMART – Talina P (Recuperación del consumo de sustancias) Zoom ID: 824 3523 6005
Announcements and Upcoming Events / Anuncios y Próximos Eventos				
*Due to staff meetings, morning transportation will start late on Mondays and Fridays. *Debido a las reuniones de personal, el transporte matutino comenzará tarde los lunes y viernes.	*The HOPE center will have a Suicide Prevention Awareness Month event on Thursday 9/10/26. *El centro HOPE realizará un evento de Concientización sobre la Prevención del Suicidio el jueves 10/09/26.	*The HOPE Yard Sale preparation will be on Thursday 9/17/26 and the HOPE Yard Sale will be on Friday 9/18/26. *La preparación de la venta de garaje HOPE será el jueves 17/9/2026 y la venta de garaje HOPE será el viernes 18/9/2026.	*The HOPE center will be closed on Monday 9/7/26 for Labor Day. *El centro HOPE estará cerrado el lunes 7/9/26 por el Día del Trabajo.	*Calendar subject to change without notice. *Calendario sujeto a cambios sin previo aviso.
*The biweekly Community Forum will be held on Friday 9/11 and Thursday 9/24 at 1:00 to discuss HOPE updates and events. *El Foro Comunitario se llevará a cabo el viernes 11/9 y el jueves 24/9 a la 1:00 p.m. para hablar sobre las actualizaciones y eventos de HOPE.	*The biweekly Member Council Meeting will be held on Monday 9/14 and Monday 9/28 at 12:00 pm. *La reunión del Consejo de Miembros tendrá lugar el lunes 14/9 y el lunes 28/9 a las 12:00 p.m.	*The monthly Birthday Bash will be held on Tuesday 9/29 at 1:00pm. *La fiesta mensual de cumpleaños se celebrará el martes 29/9 a la 1:00 p.m.		