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
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We're in it together.

GROUP SCHEDULE NOVEMBER 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** **Douglas, AZ**	**Therapeutic Day Program** **9:00AM-2:00PM** Sierra Vista, AZ. _____ **Therapeutic Day Program** **9:00AM- 2:00PM** **Douglas, AZ**	**Therapeutic Day Program** **9:00AM-2:00PM** Sierra Vista, AZ. _____ **Therapeutic Day Program** **9:00AM-2:00PM** **Douglas, AZ**	**Therapeutic Day Program** **10:00AM-2:00PM** Sierra Vista, AZ. _____ **Therapeutic Day Program** **9:00AM-2:00PM** **Douglas, AZ**	Community resources available Weekdays during business hours.
HOPE INC closed: **Nov. 11 (Veterans Day) and Nov. 26–27 (Thanksgiving), 2026.**	**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.	For information on HOPE tours or services, call 520-459-2624.
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!!!** **Triple P** Triple P gives parents simple and practical strategies to help them build strong, healthy relationships while managing their children's behaviors.		**12:00PM- 2:00PM** **COMMODITIES** Please call Regina at 520-559-5461 (providing if available)	