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

We're in it together.

GROUP SCHEDULE NOVEMBER 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) – Yolanda T 	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 T	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 11/12)** Wellness Recovery Action Plan (WRAP) – Luis G **(Group on 11/5 & 11/19)**	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 Reconation Therapy (MRT) – Luis G (Group in Person Only) Men's Moral Reconation Therapy (MRT) en Español – Karina C (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 Yard Sale preparation will be on Thursday 11/5/26 and the HOPE Yard Sale will be on Friday 11/6/26.** ***La preparación de la venta de garaje HOPE será el jueves 5/11/26 y la venta de garaje HOPE será el Viernes 6/11/26.**	***The HOPE center will have a Thanksgiving celebration on Wednesday 11/25/26.** **El centro HOPE tendrá una celebración de Acción de Gracias el miércoles 25 de noviembre.**	***The HOPE center will be closed on Wednesday 11/11 for Veterans Day.** **El centro HOPE estará cerrado el miércoles 11 de noviembre por el Día de los Veteranos.**	***The HOPE center will be closed on Thursday 11/26/26 and Friday 11/27/26 for Thanksgiving.** ***El centro HOPE permanecerá cerrado el jueves 26 y el viernes 27 de noviembre por el Día de Acción de Gracias.**
***The biweekly Community Forum will be held on Thursday 11/5/26 and Thursday 11/19/26 at 1:00 to discuss HOPE updates and events.** ***El foro comunitario quincenal se llevará a cabo el jueves 5/11/26 y el jueves 19/11/26 a la 1:00 para discutir las novedades y los eventos de HOPE.**	***The biweekly Member Council Meeting will be held on Monday 11/9/26 and Monday 11/23/26 at 12:00 pm.** ***La reunión quincenal del Consejo de Miembros se llevará a cabo el lunes 9/11/26 y el lunes 23/11/26 a las 12:00 pm.**	***The monthly Birthday Bash will be held on Tuesday 11/24/26 at 1:00pm.** ***La fiesta mensual de cumpleaños se celebrará el martes 24/11/26 a la 1:00 pm.**	***Calendar subject to change without notice.** ***Calendario sujeto a cambios sin previo aviso.**	