

# October 2023 Alumnae Program Group Schedule

All groups will be held in the Peacock room at The Haven IOP building located at 2601 N Campbell suite 107, unless otherwise noted. Shawna, the Alumni Coordinator, can be reached at, 520.833.3277 with any questions or RSVP's.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 1pm-2pm Relapse Prevention Plan Review/Is it working??	4	5 5pm-6pm Mindfulness Money Matters with Lalita	6	7
8	9	10 1pm-2pm Guided yoga/meditation Bring mat if you have one.	11	12 5pm-6pm Open Discussion/Support Circle	13	14 9am Out of Darkness Walk @ Reid Park Tucson
15 7am AIDS Walk @ Jacome Plaza 101 N Stone Register online @ SAAF <a href="https://saaf.org/mecevents/35th-annual-aidswalk-tucson/">https://saaf.org/mecevents/35th-annual-aidswalk-tucson/</a>	16	17 1pm-2pm Let's talk resumes/bring yours along for tips and suggestions	18	19 5pm-6pm Creative Expressions through Art with Bernadette	20	21 8am Out of Darkness Walk @ Salt River Fields N Pima Rd, Phoenix Az
22	23	24 1pm-2pm Open Discussion/Support Circle	25	26 5pm-7pm Staff and Alumnae family Halloween/Costume Party Food, Crafts, and movies please RSVP by 10/19	27	28 9am Out of Darkness Walk @ Veterans Memorial Park Sierra Vista AZ
29	30	31 HALLOWEEN NO GROUP				