



Center for Health, Empowerment, Education, Employment, Recovery Services

## ***Description of groups, classes and activities at CHEEERS***

### **Community Based Peer Support Services**

All of CHEEERS' peer support programs are led by state certified Peer Support Specialists who understand the path to recovery but more importantly, the possibilities for the future. Our staff has personal experience with mental illness and/or substance abuse and we build strong supportive relationships with our participants. We even offer Peer Support Training, so our participants can move on to help others. CHEEERS' Peer Group Programs range from one-on-one mentoring to group classes. Our team has adopted and developed programs that specifically target the most relevant needs of our participants. We invite you to take a look at what CHEEERS has to offer and decide what is right for you.

Our Peer Programs were all developed with our participants input. We hold monthly meetings inviting everyone to share in the discussion and bring new ideas to CHEEERS. In addition, our Advisory Committee and many of our Board members are participants, ensuring that our facility and programs are continually serving and meeting everyone's needs. At CHEEERS every voice is heard, making it more than just a place to go but a place that truly helps with recovery.

**Peer Support Groups** facilitate discussions that focus on helping participants learn tools for socialization, community integration, symptom management, dealing with grief, and having healthy relationships. These groups are educational, supportive and encourage connections through shared experiences.

**Roundtable** is held each morning at CHEEERS and offers an opportunity for participants to gather and address current events or to check in. Our Roundtable on Monday – Friday additionally offers an educational topic on a variety of issues that impact recovery. Our participants report that they very much enjoy Roundtable and starting the day at CHEEERS in a gathering where they can meet with their peers, address any pressing issues, and prepare for their day.

**Whole Health and Wellness (WHAM)** is our wellness program that teaches individuals skills to better manage chronic physical health conditions, and mental illnesses and addictions to achieve whole health. Program participants develop individualized health plans and support each other in making healthy lifestyle changes.

**Skill Development** classes and groups focus on relapse prevention, an important part of recovery. These groups address challenges one might face and provide participants with resources and sessions on a range of topics, including: Recovery Goals, Anger Management, Relapse Prevention

**Wellness Recovery Action Plan (WRAP)** is an evidenced-based recovery program that is designed by and for Peers. WRAP uses a strengths-based and collaborative approach consisting of eight structured modules. CHEEERS group facilitators help participants develop a WRAP with the understanding that everyone is an expert in their own recovery journey. Emphasis is on identifying triggers, planning for periods of crisis and advocating for preferred care. WRAP is held in three-week sessions, (3x a week for 3 weeks) at the CHEEERS center.

**Health & Wellness-** Balance between mind, body and spirit is a powerful tool in the recovery process. CHEEERS Health & Wellness Programs prepare you to make informed lifestyle choices for a healthy tomorrow. Our programs include: cooking classes, exercise programs, fitness outings, and health & wellness skills groups. At CHEEERS, we want you to learn how to select and prepare nutritious foods on a budget,



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incorporate exercise into your daily routine, and show you how caring for your body helps to calm the mind. We offer Zumba classes, trips to a fitness center, dance classes, and even a kickball tournament. Look through our monthly schedule and join one of our health & wellness programs.

**Bus Mobility Program** - Getting around Phoenix is easier than you may think. If you are interested in traveling on the Valley Metro system or trying out the light rail, CHEEERS has a program. Our Bus Mobility classes teach you how easy it can be to get across town or to the store. Participants learn how to read bus books and plan a route. Once you have decided where you want or need to go, a CHEEERS Bus Mobility Specialist will come along to support you on your journey. Classes are held once per week for an hour. Check the monthly schedule for days and times. Plus, watch for our group trips, Bus Mobility Outings, where we travel together in and around Phoenix, such as Arizona Diamondbacks games!

**Expressions of Hope** – Art is a wonderful way to express yourself and CHEEERS has a beautiful studio for you to do just that. Our Expressions of Hope program offers daily classes that focus on healthy ways to express emotion through art, crafts and music. Topics range from building confidence and reducing worry, to dealing with frustration and finding alternatives to self-harm. The art projects are fun, imaginative and always creative. Every Wednesday is Open Studio for those just interested in enjoying a moment of artistic expression. CHEEERS invites you to join in for painting, beading, journaling, or whatever you would like to create. Look through the weekly class schedule and come join us.

**Women's Boundaries** - Our Women's Boundaries group is back by popular demand. This group specifically addresses the unique needs and issues for women in recovery. Balancing relationships, parenting, self image, stigmas, gender roles, trauma and setting boundaries are just a few of the topics we discuss in this group. Educational topics are also reviewed however, this is primarily an opportunity for women to bond, find commonality, and create strong recovery connections.

**Men's Health and Wellness** - Like our Women's Boundaries group, men also have unique needs and experiences in recovery. Our men's health and wellness group explores topics of wellness in a broad sense which includes managing and expressing emotion, maintaining health through nutrition and exercise and finding support through connections with male role models and peers. This group offers both education and opportunities for men to share with each other their personal struggles and successes in recovery.

**Out N About** Who doesn't like to have some fun? CHEEERS includes monthly programs that get our participants out and having fun in the community. Phoenix has so much to offer and CHEEERS makes sure you get a chance to enjoy it all. CHEEERS schedules and transports participants to local landmarks, events, museums, movies, programs and more throughout the month. Our Out N About programs are not only fun, it is a great way to socialize, meet new friends, connect with peers, and see or do something new.

**Community Volunteering** Our participants get involved in the community by helping with different initiatives. Currently, we participate in Adopt-a-Highway, Graffiti Busters, and the Community Garden Project. These programs get us out and engaged in our communities. Giving back is a positive step towards recovery.

**Recreation** CHEEERS has a recreation room with a pool table, an outside eating area, and regularly scheduled events, games, movies and more. The recreation areas are available for our participants to socialize or you can join in a programmed event. Whatever it is, we know it will be fun!



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**Social & Holiday Events** Watch the calendar for our special events. We have had Luau's, Dances, Movie Nights and more. Plan on coming to our next holiday or seasonal event.

**1950 West Heatherbrae Drive, Suite 5, Phoenix, Arizona 85015**

**Contact us today,**

**Phone: 602.246.7607**