

Transformational Program

The School for Recovery offers programs in these four areas:

- Addiction and Recovery
- Life Skills
- Inner Healing and Relationships
- Healthy Living

Achievers

Classes are eight sessions. You will be honored as an Achiever when:

- You attend five full sessions of the class you sign up for
- Achievers receive a certificate of recognition, a gift card and an RCSJ coffee mug and will be recognized at the School for Recovery Awards Ceremony.

New Members

- Attend our New Member Introduction Tuesdays at 1pm to sign up for School for Recovery classes.



Recovery Café San Jose

80 South 5th Street, San Jose, CA 95112

www.recoverycafesj.org

(408) 294-2963

School for Recovery

Never stop learning, because life never stops teaching.



RECOVERY CAFÉ SAN JOSE

Spring 2018

Classes from April 2nd through May 26th

Awards Celebration June 6th at 1pm.

Class Schedule

Recovery and Addiction

Building a Strong Recovery Foundation **Tuesday 4:00-5:00**
April 3rd – May 22nd
Joe McDonnell

Joe's experience leading recovery classes shows as he covers so many crucial topics for recovery. What makes us ready for change? How does addition affect my brain and how does that influence my choices? What do I do when I need medication for pain? How do I deal with my self-hatred and the drama around me? Joe's got it covered!

Finding Joy in Recovery **Saturday 2:30 – 3:30**
April 7th – May 26th
Kris McCarthy

8-week action based workshop beginning with understanding what joy is and moving on to learning joy supporting practices such as smiling, acts of kindness, radical acceptance, forgiveness, and sharing our special talents. Maximum participants 12 each session.

Mindful-Based Relapse Prevention **Tuesday 3:00 – 4:00**
April 3rd – May 22nd
Sandy Hietala

Drawing on wisdom traditions and the latest insights in neuroscience, this class will provide practical tools for preventing relapse and creating personal transformation. It is recommended, but not required, that students also attend the Mindfulness class. The class will include guest speakers.

Class Schedule

Life Skills

Coffee Workshop **Thursday 2:30 – 3:30**
April 5th – May 24th
Rikki Vick

A class that covers making coffee as a routine, learning different brewing methods and of course tasting coffee! Learn the SCAA standard for brewing different coffees, find your favorite brewing methods and coffees. We'll discuss the history of coffee and its current importance in everyday routine.

Decoding Your Emotions – Women's Group **Thursday 3:30 – 4:30**
April 5th – May 24th
Eileen Hunter &
Kirsty Duncan

This 8-week workshop will explore developing a different relationship with your thoughts and emotions in a supportive and collaborative group setting. By cultivating mindfulness, you will learn to name your emotions and use them as data to guide you towards discovering what works or doesn't work for you in life. Learn to embrace, experience and understand your emotions and finally allow them to move on.

Class Schedule

Inner Healing and Relationships

Feelings Check-In

Friday 2:30 – 3:30
April 6th – May 25th
Diana Carreras

A simple process for checking in with ourselves about feelings opens up a world of understanding about how things are going with us. It creates a powerful connection with others as we listen deeply and experience that sense of connection we thought we got by getting high. See what it's like to feel deep, satisfying connections to each other in a real, sober way.

Self Discovery Through Art

Thursday 2:30 – 3:30
April 5th – May 24th
Frances Paragon-Arias

In this unique class students will be guided to create arts and crafts using a variety of media: markers, collage, papier mache, duct tape and more!

Hearing Voices

Saturday 1:30 – 2:30
April 7th – May 26th
Priya Chari

The goal of this group is to reduce distress caused by hearing voices, and improve coping. This is not an effort to get rid of the voices.

Class Schedule

Healthy Living

Integral Tai Chi

Wednesday 11:30 – 1:30
April 4th – May 23rd
Mabel Lee

The Ten-Forms of Integral Tai Chi has been developed as a way to induce physical wellness, sharpen mental focus, and train meditative awareness through a combination of exercise, breathing, relaxation, visualization and meditative techniques. When we are physically well, it is much easier to deal with mental and emotional challenges. iTC is a holistic system that integrates the body, mind and spirit that gives us a total sense of well being.

Movement Meditation

Tuesday 2:00 – 3:00
April 3rd – May 22nd
Kyczy Hawk

Gentle movements; some seated, some standing are part of this class. Bringing attention to the breath, the present moment and to the sensations in the body can help soothe and calm us. Finding healthy comfortable ways to move can decrease stress, increase the immune system effectiveness and decrease stiffness and discomfort. Bring body, mind and spirit together in the class.

Mindfulness

Wednesday 1:30 – 2:30
April 3rd – May 23rd
Beem Wilder

Students will learn how to relax their bodies and calm their minds. As students practice – mental fears, judgments and desires decrease naturally and kindness and openheartedness begins to shine out.

