

## ValueOptions Mentoring Team Support Groups

### West Region – Garden Lakes, Glendale, Heatherbrae, Osborn and West Camelback

#### **Garden Lakes**

Chat and Craft

Consumer oriented

Dec 19<sup>TH</sup> and alternating Tuesdays 2-3:30 pm

West Conference Room

Contact Donna Covarrubio 623-932-6950

#### **Heatherbrae**

Peer Support Group

Consumer oriented

Mondays 1:00-2:30

Contact Sara Almendarez, Byron Flanders, & Georgette De Rosa 602-264-4331

Arts and Crafts

Consumer oriented

Tuesdays 2:00-4:00

Contact Sara Almendarez, Byron Flanders, & Georgette De Rosa, Phone # 602-264-4331

S.A.F.E Substance Abuse Free Environment

Consumer oriented

Wednesdays, 2:00-4:00

Contact Byron Flanders, Georgette De Rosa 602-264-4331

Fitness Group

Consumer oriented

Wednesdays 11:00-2:00

Contact Rosa Ochoa, Cynthia Hernandez 602-264-4331

Spanish Family Support Group

Family and Consumer oriented

Alternating Thursdays 1:30-3:30

Contact Connie Moraga, Byron Flanders, & Georgette De Rosa 602-264-4331

English Family Support Group

Family Oriented

Alternating Fridays 1:30-3:30

Contact Georgette De Rosa, & Byron Flanders 602-264-4331

#### **Glendale Site**

FRIDAYS - Peer Support Group

Consumer oriented

Fridays 10:30AM -12:30PM

Conference Room

Peers share their successes, concerns, & participate in the group's weekly topic discussion with the other participants to the extent they felt comfortable. A roundtable open discussion wraps the weekly meeting.

Contact George Massey (623) 463-8580 Ext 8603

**Osborn Clinic**

Spanish Family Support Group

Held at Osborn Clinic as a Partnership with West McDowell Site

Friday's 1:30-3:30pm

Spanish speaking family support group for family members of consumers

Contact Persons Marie Salazar 602-292-7332 or Connie Moraga 602-269-5371

**West Camelback Clinic**

Music Group

Consumer oriented

Date and Time TBD will begin in 2007

Contact Caryn Thorp (623) 474-9096

Music Group will focus on allowing consumers to express themselves through music participation, listening, and performance.

Food Addictions Group

Family and Consumer Oriented

Every other Wednesday from 2-4

Contact Deb Umphrey 623-474-9032

Focus on balanced diet, meal plans, portion control, self esteem and control.

Family Support Group

Family oriented

Every other Friday from 2:00 to 4:00 pm

Contact Deb Umphrey 623-474-9032

New Member Orientation

Consumer and Families Welcome

Every other month time TBD

Contact Caryn Thorp 623-474-9096 & Deb Umphrey 623-474-9032

To familiarize new members with services offered at ValueOptions, Inc.

*For further assistance, please contact the West Region Mentoring Team Lead  
Jenniffer Guthrie - 623-474-9069*

**North Region - Cave Creek, Metro, Townley and West Valley/Wickenburg****Cave Creek Site**

Empowerment Group (Peer Support)

Consumer Specific group

Every Monday from 3pm to 4:30pm.

Cave Creek Clinic

Contact Margo Bartlett (Phone: 602-404-6101)

To support and educate peers who are in various stages of their recovery journey.

Family Support Group

Family Specific group

The first and third Mondays of each month from 3pm to 4:30pm.

Contact Virginia Dindy 602-404-6107

We have an opening introduction, 2-3 minutes from each participant. We then return to any pressing issues. The group usually keeps up the conversations around the family issues.

Resources also provided.

### **Metro Clinic**

Musical Support Group (consumer Oriented)

Consumer specific

Occurs on the first three Thursdays of every month from  
10:00 A.M. to 12:00 P.M.

Contact Lynne Wilson 602-997-9006

Musical support group where consumers bring their own musical instruments and play together.  
The group also writes music as well.

*For further assistance, please contact the North Region Mentoring Team Lead  
James Thorp - 602.997.9006 ext. 1732*

### **Central Region - Arcadia, Highland, Park North, UPC and West McDowell**

#### **Arcadia**

Library for consumers

Open daily Monday through Fridays 9:00 am to 5:00 pm

Contact Veeja Elan/Carolyn Hinkle 602-508-4400

Family Support Group for Consumer Parents

Every other Monday

11:00am-12:30pm

Contact Person Carolyn Hinkle 602-508-4400

18-25 Young Adults Support Group for Consumers

To Begin End of January 2007

Contact Persons Veeja Elan-602-508-4400 or Tazael Ben-Aton 602-751-5984

#### **Highland**

Peer Support Group

Open to Consumers

Friday 9:30-10:30am

Support Group for Peers

Contact Person Everett Ingram 602-241-4600

Pro Peer Support Group

Peers working in the field

Monday's 6pm-8pm

Support Group for Consumers working in the field of Behavioral Health

Contact Persons Amy Winterberg 602-214-6078 or Tazael Ben-Aton 602-751-5984

Recovery Practice Committee

Once Monthly - Last Tuesday of the Month 5:30-7:00 pm

Advisory Board meeting comprised of Family members, consumers, and ValueOptions staff of  
the Highland Site.

Contact Person Tazael Ben-Aton 602-751-5984

#### **Park North**

Steps to a Happier Life Support Group

Thursday 2:00 pm to 3:30 pm

Open to Consumers

Support Group for Peers Contact Person

Contact Debra Jacket 602-944-8386

Creative Expressions  
Friday 1:30-3:00pm  
Craft and Art group for Consumers and Family members  
Contact Persons Lia Hunyady/Debra Jacket 602-944-8386

Family Support Group  
Thursdays 1:00-2:30pm  
Family Support Group for Family members of Consumers  
Contact Person Lia Hunyady 602-944-8386

**West McDowell**

Peer Support Group  
Fridays 1:30-2:30pm  
Open to Consumers Support Group for Peers  
Contact Person Paul Bailey 602-292-7332

Spanish Family Support Group  
Held at Osborn Clinic as a Partnership with West McDowell  
Friday's 1:30-3:30pm  
Spanish speaking family support group for family members of consumers  
Contact Persons Marie Salazar 602-292-7332 or Connie Moraga 602-269-5371

*For further assistance, please contact the Central Region Mentoring Team Lead  
Amy Winterberg - 602.870.7226*

**South Region - 1300, East Phoenix, South Central and Washington Clinic**

**1300 Site**

The Education Group  
Fourth Thursday of the month from 6-8 pm  
The education group is a general education group that educates families on what ValueOptions offers, what else is in the community is available for consumers, the court system, medications, psychiatry, etc.  
Contact Marilyn Racer 602-322-7720

The Support Group  
Family oriented  
2<sup>nd</sup> Thursday of the month from 6-8 pm  
This support group is for general family support.  
Contact Marilyn Racer 602-322-7720

Recovery For You  
For consumers  
Every Wed from 11:00 to 12:00  
Contact Cliff Snider 602-430-8752  
This group is for anyone who want's to work on their recovery. It is a discussion about anything that has to do with recovery.

Anger Management Class  
Consumer oriented  
10:30 to 12:00  
Contact Cliff Snider 602-430-8752  
In this class we well try and work out some solutions for problems, and give individuals a starting point in controlling their anger.

### **South Central**

Family Support Group

Family and friend specific

3<sup>rd</sup> Monday of every month from 5-6pm

Contact Regina Cureton 602-323-3075

The group at South Central is to provide support and encouragement to family and friends of the consumers we serve

### **East Phoenix**

Consumer Orientation

Consumer Specific

Last Friday of the month at 1:30pm

Large Conference Room

Contact Kevin Kobey 602-252-6731

What the clinic has to offer

For further assistance, please contact the South Region Mentoring Team Lead

Arnaldo Maldonado 602.252.6731

East Region - Alma School, Centro Esperanza, East Mesa, Thomas Road and Tempe

### **Thomas Road Site**

CMA Dual Diagnosed 12 Step Program

Consumer Specific

Every Friday from 12:30pm – 1:30 pm

Contact Verena Caudle 480-994-5211

To give support to clients who have a serious mental illness and want to recover from Crystal Meth or other substance abuse using the 12 step program

### **Centro Esperanza**

Family Support Group

Families Specific

4<sup>th</sup> Friday of the Month from 2:00 pm-4:00pm

Contact Leandra Wright 480-615-3800

To give support to families who have a loved one with a serious mental illness

### **Tempe Adult Site**

Suite 240 conference room

Family Support Group

Families

Starting January 10<sup>th</sup> and continuing the second and fourth Wednesday of the month from 2:00 to 3:00 pm

Contact Carla Dark 480-929-5100

To give support to families who have a loved one with a serious mental illness.

For further assistance, please contact the East Region Mentoring Team Lead

Mary Loparo 480.981.7735

### **Other Support Groups at ValueOptions Sites**

St Tim's Support group

For family and peers

Alma School Site - 2<sup>nd</sup> Floor conference room

2<sup>nd</sup> and 4<sup>th</sup> Mondays from 7:00 to 8:30 pm

Contact Kathy Bashor 480-529-8562

Anyone welcome. Support for family and peers.

NAMI Southeast Valley - Family Support Group  
For families  
1<sup>st</sup> and 3<sup>rd</sup> Mondays from 7:00 to 8:30 pm  
Contact Kathy Bashor 480-529-8562  
Support for family

12/27/06  
PF RRSI  
ValueOptions of Arizona