

July 2017

A Journey and a Destination. Recovery Happens Here!



SUN	MON	TUES	WED	THURS	FRI	SAT
		The Ohio State Fair Outing Thursday, July 27th @ 10:00am WEST Open House & Ice Cream Social Tuesday, July 18th @ 11:00am				1 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support
2 Sunday Fun Day! Open 9-9 	3 11:00 Tai Chi 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	4 Holiday Hours 9am -7pm All Day Fun Day! 	5 11:00 Job Readiness 12:00 5 Minute Move It! 12:05 Healthy Habits 1:00 Self-Esteem 2:00 Knitting Club 5:00 Women's Recovery 7:00 Dual Diagnosis	6 10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Support 2:00 HIV / STI Testing 4:00 Man Up! 7:00 Relapse Prevention	7 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	8 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support
9 Sunday Fun Day! Open 9-9 	10 11:00 Walking Club 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	11 10:00 Computer Skills 1:00 AGB / Code of Conduct: WEST 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	12 11:00 Job Readiness 12:00 5 Minute Move It! 1:00 Self Esteem 2:00 Man Up! 5:00 Women's Recovery 7:00 Dual Diagnosis	13 10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Education 2:00 All Associate Roundtable & Birthday Bash 4:00 Man Up! 7:00 Relapse Prev.	14 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	15 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support
16 Sunday Fun Day! Open 9-9 	17 11:00 Tai Chi 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	18 10:00 Computer Skills 11:00 Recovery in Community 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	19 11:00 Job Readiness 12:00 5 Minute Move It! 12:05 Healthy Habits 1:00 Self-Esteem 2:00 Knitting Club 5:00 Women's Recovery 7:00 Dual Diagnosis	20 10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Support 3:00 Cultural Diversity 4:00 Man Up! 7:00 Relapse Prevention	21 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	22 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support
23 / 30 Sunday Fun Day! Open 9-9 	24 / 31 11:00 Walking Club 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	25 10:00 Computer Skills 1:00 AGB / Code of Conduct: EAST 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	26 11:00 Job Readiness 12:00 5 Minute Move It! 1:00 Self Esteem 2:00 Man Up! 5:00 Women's Recovery 7:00 Dual Diagnosis	27 10:00 Self Care 10:00 Ohio State Fair Outing 11:00 Chess Club 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Relapse Prevention	28 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	29 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support

~EAST~
 750 East Broad St.
 Columbus, OH 43205
 P: 614.453.4830
 F: 614.453.4845
 www.thepeercenter.org

~Hours~
 M-F: 7am-11pm
 S-S: 9am-9pm
 Holidays: 9am-7pm

~Daily Warmline~
 614.358.TALK (8255)
 10pm-2am

~Daily Activities~
 Peer Support
 Socialization
 Resource Center
 Media Center
 Arts & Crafts



A Place Where EVERYONE MATTERS!

