




March 2017

A Journey and a Destination. Recovery Happens Here!



SUN	MON	TUES	WED	THU	FRI	SAT
<p>The PEER Center—West—Closed March 23rd—April 2nd Reopening April 3rd at 860/866 West Broad St.</p> <p>The PEER Center—East closes at 6:00pm on Sunday, March 12th due to Staff Development</p>						
 <p>Bowling Outing Thursday, March 16th 12:00pm</p> 						
<p>5</p> <p>Sunday Fun Day! Open 9-9</p>	<p>6</p> <p>12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking</p>	<p>7</p> <p>10:00 Computer Skills 11:00 Recovery in Community 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery</p>	<p>8</p> <p>11:00 Job Readiness 12:00 5 Minute Move It! 12:05 Healthy Habits 1:00 Self Esteem 2:00 Man Up! 5:00 Women's Recovery 7:00 Dual Diagnosis</p>	<p>9</p> <p>10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Support 2:00 Associate Roundtable and B-day Bash W/ "Recovery Works" 4:00 Man Up! 7:00 Relapse Prevention</p>	<p>10</p> <p>10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict</p>	<p>11</p> <p>11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support</p>
<p>12</p> <p>Sunday Fun Day!</p> <p>Closing Early! Open 9-6</p>	<p>13</p> <p>12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking</p>	<p>14</p> <p>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</p>	<p>15</p> <p>11:00 Job Readiness 12:00 5 Minute Move It! 1:00 Self-Esteem 2:00 Knitting Club 5:00 Women's Recovery 7:00 Dual Diagnosis</p>	<p>16</p> <p>10:00 Self Care 11:00 Chess Club 12:00 Bowling Outing 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Relapse Prevention</p>	<p>17</p> <p>St. Patrick's Day 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict</p>	<p>18</p> <p>11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support</p>
<p>19</p> <p>Sunday Fun Day! Open 9-9</p>	<p>20</p> <p>12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking</p>	<p>21</p> <p>10:00 Computer Skills 11:00 Recovery in Community 2:00 Anger Recovery 4:00 Cultural Diversity 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery</p>	<p>22</p> <p>11:00 Job Readiness 12:00 5 Minute Move It! 12:05 Healthy Habits 1:00 Self Esteem 2:00 Man Up! 5:00 Women's Recovery 7:00 Dual Diagnosis</p>	<p>23</p> <p>10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Support 4:00 Man Up! 7:00 Relapse Prevention</p>	<p>24</p> <p>10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict</p>	<p>25</p> <p>11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support</p>
<p>26</p> <p>Sunday Fun Day! Open 9-9</p>	<p>27</p> <p>12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking</p>	<p>28</p> <p>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</p>	<p>29</p> <p>11:00 Job Readiness 12:00 5 Minute Move It! 1:00 Self-Esteem 2:00 Knitting Club 5:00 Women's Recovery 7:00 Dual Diagnosis</p>	<p>30</p> <p>10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Relapse Prevention</p>	<p>31</p> <p>10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict</p>	 <p>Happy St. Patrick's Day!</p>

A Place Where EVERYONE MATTERS!

~ 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

The PEER Center & MHAFC
Co-Host a Bipolar Peer
Support Group!
Meadow Park Church of God,
2425 Bethel Rd..
Columbus, OH 43220
Meets first and third Thursdays
7:00pm—8:30pm

