









# OCTOBER 2017

## A JOURNEY AND A DESTINATION. RECOVERY HAPPENS HERE!



SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1</b> Sunday Fun Day! Open 9-9 	<b>2</b> 11:00 Walking Club 12:00 5 Minute Move It! 1:00 <i>Dual Diagnosis</i> 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Self Care	<b>3</b> 10:00 Computer Skills 11:00 Recovery in Community 2:00 Self-Esteem 5:00 Depression Support 7:00 <i>Recovery Tools</i>	<b>4</b> 10:00 Anger Recovery 11:00 Job Readiness 12:00 5 Minute Move It! 2:00 Knitting Club 5:00 Women Rise 7:00 <i>Alcohol/Other Drug Recovery</i>	<b>5</b> 10:00 Re-Entry Resources 11:00 Chess Club 1:00 Schizophrenia Education 2:00 <i>HIV / STI Testing</i> 4:00 Man Up! 7:00 Handling Conflict	<b>6</b> 10:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 <i>Relapse Prevention</i>	<b>7</b> 11:00 <i>Addiction Support</i> 12:00 Personal Safety 3:00 Veteran's Support
<b>8</b> Open 9-1 Fall Harvest Recovery Celebration At Wolfe Park 2:00—4:30 	<b>9</b> 11:00 Tai Chi 12:00 5 Minute Move It! 1:00 <i>Dual Diagnosis</i> 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Self Care	<b>10</b> 10:00 Computer Skills 1:00 <i>AGB / Code of Conduct: WEST</i> 2:00 Self Esteem 5:00 Depression Support 7:00 <i>Recovery Tools</i>	<b>11</b> 10:00 Anger Recovery 11:00 Job Readiness 12:00 5 Minute Move It! 1:00 <i>Roundtable &amp; Birthday Bash W/ Cal. Urban League</i> 2:00 Man Up! 5:00 Women Rise 7:00 <i>AOD Recovery</i>	<b>12</b> 10:00 Re-Entry Resources 11:00 Chess Club 1:00 Schizophrenia Support 4:00 Man Up! 7:00 Handling Conflict	<b>13</b> 10:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 <i>Relapse Prevention</i>	<b>14</b> 11:00 <i>Addiction Support</i> 12:00 Personal Safety 3:00 Veteran's Support
<b>15</b> Sunday Fun Day! Open 9-9 	<b>16</b> 11:00 Walking Club 12:00 5 Minute Move It! 1:00 <i>Dual Diagnosis</i> 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Self Care	<b>17</b> 10:00 Computer Skills 11:00 Recovery in Community 2:00 Self Esteem 5:00 Depression Support 7:00 <i>Recovery Tools</i>	<b>18</b> 10:00 Anger Recovery 11:00 Job Readiness 12:00 5 Minute Move It! 2:00 Knitting Club 5:00 Women Rise 7:00 <i>Alcohol/Other Drug Recovery</i>	<b>19</b> 10:00 Re-Entry Resources 11:00 Chess Club 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Handling Conflict	<b>20</b> 10:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 <i>Relapse Prevention</i>	<b>21</b> 11:00 <i>Addiction Support</i> 12:00 Personal Safety 3:00 Veteran's Support
<b>22</b> Sunday Fun Day! Open 9-9 	<b>23</b> 11:00 Tai Chi 12:00 5 Minute Move It! 1:00 <i>Dual Diagnosis</i> 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Self Care	<b>24</b> 10:00 Computer Skills 1:00 <i>AGB / Code of Conduct: EAST</i> 2:00 Self Esteem 5:00 Depression Support 7:00 <i>Recovery Tools</i>	<b>25</b> 10:00 Anger Recovery 11:00 Job Readiness 12:00 5 Minute Move It! 2:00 Man Up! 5:00 Women Rise 7:00 <i>Alcohol/Other Drug Recovery</i>	<b>26</b> 10:00 Re-Entry Resources 11:00 Chess Club 1:00 Schizophrenia Support 4:00 Man Up! 6:00 <i>Pharmacy Students</i> 7:00 Handling Conflict	<b>27</b> 10:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 <i>Relapse Prevention</i>	<b>28</b> 11:00 <i>Addiction Support</i> 12:00 Personal Safety 3:00 Veteran's Support
<b>29</b> Sunday Fun Day! Open 9-9 	<b>30</b> 11:00 Walking Club 12:00 5 Minute Move It! 1:00 <i>Dual Diagnosis</i> 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Self Care	<b>31</b> Halloween Costume Day- No Masks 10:00 Computer Skills 11:00 Recovery in Community 2:00 Self Esteem 5:00 Depression Support 7:00 <i>Recovery Tools</i>		Fall Harvest Recovery Celebration at Wolfe Park Shelter House Sunday, October 8th 2:00pm—4:30pm Join Us for Fun, Food, Dancing and Door Prizes!		

### 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!

