

# December 2018

**A Journey and a Destination.  
Recovery Happens Here!**



SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Merry Christmas</p>	<p>KWANZAA</p>				<p>HAPPY HANUKKAH</p>	<p>1 11:00 Addiction Support 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art</p>
<p>2 Hanukkah Begins</p> <p>Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p>	<p>3 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Depression Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery</p>	<p>4 10:00 Computer Skills 11:00 Recovery in Community 2:00 Self-Esteem 5:00 Emotions Group 6:00 Spiritual Pathway to Recovery AA 8:00 Anger Recovery</p>	<p>5 10:00 Morning Meditations 12:00 5 Minute Move It! 1:00 Coney / Hot Dogs 2:00 Man Up! 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p>6 St. Nicholas Day 10:00 Coping With Addiction 1:00 Schizophrenia Support 2:00 HIV / STI Testing 4:00 Man Up! 7:00 Handling Conflict</p>	<p>7 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention</p>	<p>8 Open at 1:00pm Due to Staff Development 3:00 Veteran's Support 6:00 Wellness in Art</p>
<p>9 Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p>	<p>10 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Depression Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery</p>	<p>11 10:00 Computer Skills 1:00 AGB / Code of Conduct: WEST 2:00 Self Esteem 4:00 Recovery in Com. 5:00 Emotions Group 6:00 Spiritual Pathway to Recovery AA 8:00 Anger Recovery</p>	<p>12 1000 Morning Med. 12:00 5 Min. Move It! 12:30 Santa Visit 1:00 Roundtable &amp; Birthday Bash 2:00 Knitting Club 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p>13 10:00 Coping With Addiction 1:00 Schizophrenia Education 4:00 Man Up! 6:00 Pharmacy Students 7:00 Handling Conflict</p>	<p>14 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention</p>	<p>15 11:00 Addiction Support 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art</p>
<p>16 Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p>	<p>17 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Depression Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery</p>	<p>18 Hanukkah Ends 10:00 Computer Skills 11:00 Recovery in Community 2:00 Self-Esteem 5:00 Emotions Group 6:00 Spiritual Pathway to Recovery AA 8:00 Anger Recovery</p>	<p>19 10:00 Morning Meditations 12:00 5 Minute Move It! 1:00 Coney / Hot Dogs 2:00 Man Up! 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p>20 10:00 Coping With Addiction 1:00 Schizophrenia Support 4:00 Man Up! 7:00 Handling Conflict</p>	<p>21 Winter Solstice 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention</p>	<p>22 11:00 Addiction Support 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art</p>
<p>23 / 30 Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p>	<p>24 / Christmas Eve 31 New Year's Eve All Day Fun Day Holiday Hours 9am-7pm</p>	<p>25 Christmas Day 12:00 Holiday Celebration Holiday Hours 9am-7pm</p>	<p>26 Kwanzaa 10:00 Morning Meditations 12:00 5 Minute Move It! 1:00 Coney / Hot Dogs 2:00 Knitting Club 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p>27 10:00 Coping With Addiction 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Handling Conflict</p>	<p>28 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention</p>	<p>29 11:00 Addiction Support 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art</p>

**"EAST"**

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**~Hours~**  
M-F: 7am-11pm  
\$-\$: 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!**

