

January 2019

A Journey and a Destination. Recovery Happens Here!



SUN	MON	TUES	WED	THURS	FRI	SAT
		1 <u>New Year's Day</u> All Day Fun Day Holiday Hours 9am-7pm	2 <u>The PEER Center's 12 Anniversary</u> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Man Up! 5:00 Women Rise 6:00 Together We Can Women's AA Grp	3 <u>10:00 Coping With Addiction</u> 1:00 Schizophrenia Support 2:00 HIV / STI Testing 4:00 Man Up! 7:00 Handling Conflict	4 <u>7:00 Morning Meditations</u> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	5 <u>11:00 Addiction Support</u> 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art
6 <u>Sunday Fun Day!</u> 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group 	7 <u>11:00 GED Tutoring</u> 12:00 5 Minute Move It! 1:00 Depression Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery	8 <u>10:00 Computer Skills</u> 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	9 <u>10:00 MH / AOD Peer Recovery</u> 12:00 5 Min. Move It! 1:00 Roundtable & Birthday Bash 2:00 Knitting Club 5:00 Women Rise 6:00 Together We Can Women's AA Grp	10 <u>10:00 Coping With Addiction</u> 12:00 Movie Outing 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Handling Conflict	11 <u>7:00 Morning Meditations</u> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	12 <u>11:00 Addiction Support</u> 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art
13 <u>Sunday Fun day</u> 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group Closing at 6:00pm Due to Staff Development	14 <u>11:00 GED Tutoring</u> 12:00 5 Minute Move It! 1:00 Depression Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery	15 <u>10:00 Computer Skills</u> 11:00 Recovery in Community 2:00 Self-Esteem 5:00 Emotions Group 6:00 Spiritual Pathway to Recovery AA 8:00 Anger Recovery	16 <u>10:00 MH / AOD Peer Recovery</u> 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	17 <u>10:00 Coping With Addiction</u> 1:00 Schizophrenia Support 4:00 Man Up! 6:00 Pharmacy Students 7:00 Handling Conflict	18 <u>7:00 Morning Meditations</u> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	19 <u>11:00 Addiction Support</u> 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art
20 <u>Sunday Fun day!</u> 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group 	21 <u>Martin Luther King Jr. Day</u> A Day of Service and Giving Back Holiday Hours 9am-7pm 	22 <u>10:00 Computer Skills</u> 1:00 AGB / Code of Conduct: EAST 2:00 Self Esteem 4:00 Recovery in Com. 5:00 Emotions Group 6:00 Spiritual Pathway to Recovery AA 8:00 Anger Recovery	23 <u>10:00 MH / AOD Peer Recovery</u> 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	24 <u>10:00 Coping With Addiction</u> 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Handling Conflict	25 <u>7:00 Morning Meditations</u> 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	26 <u>11:00 Addiction Support</u> 12:00 Personal Safety 3:00 Veteran's Support 6:00 Wellness in Art
27 <u>Sunday Fun Day!</u> 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group 	28 <u>11:00 GED Tutoring</u> 12:00 5 Minute Move It! 1:00 Depression Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery	29 <u>10:00 Computer Skills</u> 11:00 Recovery in Community 2:00 Self-Esteem 5:00 Emotions Group 6:00 Spiritual Pathway to Recovery AA 8:00 Anger Recovery	30 <u>10:00 MH / AOD Peer Recovery</u> 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	31 <u>10:00 Coping With Addiction</u> 1:00 Schizophrenia Support 4:00 Man Up! 7:00 Handling Conflict	<p>January 2: Happy Anniversary to The PEER Center!</p> <p>January 10: Movie Outing, Please Sign Up Space is Limited!</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!

