

# February 2019

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



SUN	MON	TUES	WED	THURS	FRI	SAT
					<b>1</b> 7:00 Morning Meditations 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	<b>2</b> 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art
<b>3</b> Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group	<b>4</b> 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Veteran's Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery	<b>5</b> 10:00 Computer Skills 11:00 Recovery in Community 2:00 Self-Esteem 5:00 Emotions Group 8:00 Anger Recovery	<b>6</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 1:00 Coney Dogs 2:00 Man Up! 5:00 Women Rise 6:00 Together We Can Women's AA Grp	<b>7</b> 10:00 Coping With Addiction 11:00 Bowling Outing 1:00 Schizophrenia Support 2:00 HIV / STI Testing 4:00 Man Up! 7:00 Handling Conflict	<b>8</b> 7:00 Morning Meditations 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	<b>9</b> Open at 1:00 Due to Staff Development 3:00 Depression Support 6:00 Wellness in Art
<b>10</b> Sunday Fun Day 2:00 Chili Party! 5:00 Gratitude in Recovery AA Group	<b>11</b> 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Veteran's Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery	<b>12</b> 10:00 Computer Skills 1:00 AGB / Code of Conduct: WEST 2:00 Self Esteem 4:00 Recovery in Community 5:00 Emotions Group 8:00 Anger Recovery	<b>13</b> 10:00 MH / AOD Peer Recovery 12:00 5 Min. Move It! 1:00 Roundtable & Birthday Bash 2:00 Macrame Art 5:00 Women Rise 6:00 Together We Can Women's AA Grp	<b>14</b> Valentine's Day 10:00 Coping With Addiction 1:00 Schizophrenia Education 4:00 Man Up! 6:00 Pharmacy Students 7:00 Handling Conflict <i>Happy Valentine's Day</i>	<b>15</b> 7:00 Morning Meditations 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	<b>16</b> 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art
<b>17</b> Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group	<b>18</b> 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Veteran's Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery	<b>19</b> 10:00 Computer Skills 11:00 Recovery in Community 2:00 Self-Esteem 5:00 Emotions Group 8:00 Anger Recovery	<b>20</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 1:00 Coney Dogs 2:00 Man Up! 5:00 Women Rise 6:00 Together We Can Women's AA Grp	<b>21</b> 10:00 Coping With Addiction 1:00 Schizophrenia Support 4:00 Man Up! 7:00 Handling Conflict	<b>22</b> 7:00 Morning Meditations 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Boundaries 7:00 Relapse Prevention	<b>23</b> 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art
<b>24</b> Sunday Fun Day! 2:00 Chili Party! 5:00 Gratitude in Recovery AA Group	<b>25</b> 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Veteran's Support 2:00 LGBTQ Group 5:00 Alcohol/Other Drug Recovery	<b>26</b> 10:00 Computer Skills 1:00 AGB / Code of Conduct: EAST 2:00 Self Esteem 4:00 Recovery in Community 5:00 Emotions Group 8:00 Anger Recovery	<b>27</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 1:00 Coney Dogs 2:00 Macrame Art 5:00 Women Rise 6:00 Together We Can Women's AA Grp	<b>28</b> 10:00 Coping With Addiction 1:00 Schizophrenia Education 4:00 Man Up! 7:00 Handling Conflict		

### "EAST"

205 N. Hamilton Rd.  
Columbus, OH 43213  
P: 614.453.4830  
F: 614.453.4845  
www.thepeercenter.org

~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!