

# April 2019

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



| SUN   | MON   | TUES  | WED   | THURS  | FRI   | SAT   |  |
|---|---|---|---|--|---|---|--|
| <b>APRIL FOOLS' DAY APRIL</b><br><b>1</b><br>11:00 GED Tutoring<br>12:00 5 Minute Move It!<br>1:00 Bipolar Support<br>2:00 LGBTQ Group<br>5:00 MH Maintenance<br>7:00 Coping With Addiction           | <b>1</b><br>11:00 GED Tutoring<br>12:00 5 Minute Move It!<br>1:00 Bipolar Support<br>2:00 LGBTQ Group<br>5:00 MH Maintenance<br>7:00 Coping With Addiction  | <b>2</b><br>10:00 Computer Skills<br>11:00 Recovery in Community<br>2:00 Self-Esteem<br>4:00 Veteran Support<br>5:00 Emotions Group<br>7:00 Alcohol/Other Drug Recovery       | <b>3</b><br>10:00 MH / AOD Peer Recovery<br>12:00 5 Minute Move It!<br>1:00 Coney Dogs<br>2:00 Man to Man<br>5:00 Women Rise<br>6:00 Together We Can Women's AA Grp                 | <b>4</b><br>10:00 Anger Recovery<br>1:00 Schizophrenia Education<br>2:00 HIV / SIT Testing<br>4:00 Man to Man<br>5:00 Self Care<br>7:00 Handling Conflict  | <b>5</b><br>10:00 Healing from Trauma<br>12:00 5 Minute Move It!<br>2:00 Anxiety Support<br>4:00 Boundaries<br>5:00 Meditations<br>7:00 Relapse Prevention  | <b>6</b><br>11:00 Addiction Support<br>12:00 Personal Safety<br>3:00 Depression Support<br>6:00 Wellness in Art<br>  |  |
| <b>7</b><br>Sunday Fun Day!<br>2:00 Pizza Party!<br>5:00 Gratitude in Recovery AA Group<br>                           | <b>8</b><br>11:00 GED Tutoring<br>12:00 5 Minute Move It!<br>1:00 Bipolar Support<br>2:00 LGBTQ Group<br>5:00 MH Maintenance<br>7:00 Coping With Addiction  | <b>9</b><br>10:00 Computer Skills<br>1:00 AGB / Code of Conduct: WEST<br>2:00 Self Esteem<br>4:00 Veteran Support<br>5:00 Emotions Group<br>7:00 Alcohol/Other Drug Recovery  | <b>10</b><br>10:00 MH / AOD Peer Recovery<br>12:00 5 Min. Move It!<br>1:00 Roundtable & Birthday Bash<br>2:00 Macrame Art<br>5:00 Women Rise<br>6:00 Together We Can Women's AA Grp | <b>11</b><br>10:00 Anger Recovery<br>11:00 Bowling Outing<br>1:00 Schizophrenia Support<br>4:00 Man to Man<br>5:00 Self Care<br>7:00 Handling Conflict     | <b>12</b><br>10:00 Healing from Trauma<br>12:00 5 Minute Move It!<br>2:00 Anxiety Support<br>4:00 Boundaries<br>5:00 Meditations<br>7:00 Relapse Prevention | <b>13</b><br>Open at 1:00pm Due to Staff Development<br>3:00 Depression Support<br>6:00 Wellness in Art<br>  |  |
| <b>14</b><br>Sunday Fun day<br>2:00 Chili Party!<br>5:00 Gratitude in Recovery AA Group<br>                           | <b>15</b><br>11:00 GED Tutoring<br>12:00 5 Minute Move It!<br>1:00 Bipolar Support<br>2:00 LGBTQ Group<br>5:00 MH Maintenance<br>7:00 Coping With Addiction | <b>16</b><br>10:00 Computer Skills<br>11:00 Recovery in Community<br>2:00 Self-Esteem<br>4:00 Veteran Support<br>5:00 Emotions Group<br>7:00 Alcohol/Other Drug Recovery      | <b>17</b><br>10:00 MH / AOD Peer Recovery<br>12:00 5 Minute Move It!<br>1:00 Coney Dogs<br>2:00 Man to Man<br>5:00 Women Rise<br>6:00 Together We Can Women's AA Grp                | <b>18</b><br>10:00 Anger Recovery<br>1:00 Schizophrenia Education<br>4:00 Man to Man<br>5:00 Self Care<br>6:00 Pharmacy Students<br>7:00 Handling Conflict | <b>19</b><br>10:00 Healing from Trauma<br>12:00 5 Minute Move It!<br>2:00 Anxiety Support<br>4:00 Boundaries<br>5:00 Meditations<br>7:00 Relapse Prevention | <b>20</b><br>11:00 Addiction Support<br>12:00 Personal Safety<br>3:00 Depression Support<br>6:00 Wellness in Art<br>  |  |
| <b>21</b><br>Easter Sunday Fun Day!<br>2:00 Pizza Party!<br>5:00 Gratitude in Recovery AA Group<br>Happy Easter<br> | <b>22</b><br>11:00 GED Tutoring<br>12:00 5 Minute Move It!<br>1:00 Bipolar Support<br>2:00 LGBTQ Group<br>5:00 MH Maintenance<br>7:00 Coping With Addiction | <b>23</b><br>10:00 Computer Skills<br>1:00 AGB / Code of Conduct: EAST<br>2:00 Self Esteem<br>4:00 Veteran Support<br>5:00 Emotions Group<br>7:00 Alcohol/Other Drug Recovery | <b>24</b><br>10:00 MH / AOD Peer Recovery<br>12:00 5 Minute Move It!<br>1:00 Coney Dogs<br>2:00 Macrame Art<br>5:00 Women Rise<br>6:00 Together We Can Women's AA Grp               | <b>25</b><br>10:00 Anger Recovery<br>1:00 Schizophrenia Support<br>4:00 Man to Man<br>5:00 Self Care<br>7:00 Handling Conflict                             | <b>26</b><br>10:00 Healing from Trauma<br>12:00 5 Minute Move It!<br>2:00 Anxiety Support<br>4:00 Boundaries<br>5:00 Meditations<br>7:00 Relapse Prevention | <b>27</b><br>11:00 Addiction Support<br>12:00 Personal Safety<br>3:00 Depression Support<br>6:00 Wellness in Art<br>   |  |
| <b>28</b><br>Sunday Fun Day!<br>2:00 Chili Party!<br>5:00 Gratitude in Recovery AA Group<br>                        | <b>29</b><br>11:00 GED Tutoring<br>12:00 5 Minute Move It!<br>1:00 Bipolar Support<br>2:00 LGBTQ Group<br>5:00 MH Maintenance<br>7:00 Coping With Addiction | <b>30</b><br>10:00 Computer Skills<br>11:00 Recovery in Community<br>2:00 Self-Esteem<br>4:00 Veteran Support<br>5:00 Emotions Group<br>7:00 Alcohol/Other Drug Recovery      | { APRIL is NATIONAL MINORITY HEALTH MONTH }<br>   |  |   | An inclusive initiative that addresses the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities. Its goal is to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications. ■ |  |

### "EAST"

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

~Hours~

M-F: 7am-11pm  
S-S: 9am-9pm  
Holidays: 9am-7pm

~Daily Warmlines~  
614.358.TALK (8255)  
10pm-2am

~Daily Activities~  
Peer Support  
Socialization  
Resource Center  
Media Center  
Arts & Crafts



## A Place Where EVERYONE MATTERS!