

# May 2019

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



SUN	MON	TUES	WED	THURS	FRI	SAT																										
<p><b>MAY IS MENTAL HEALTH MONTH</b> #4MIND4BODY</p>	<p>LEARN ABOUT HEALTH - 4MIND4BODY at bit.ly/MayMH. SHARE WHAT YOU DO TO STAY WELL by posting with #4Mind4Body. SEE WHAT OTHERS ARE DOING at bit.ly/4Mind4Body.</p>	<p><b>1</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 1:00 Coney Dogs 2:00 Man to Man 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p><b>2</b> 10:00 Anger Recovery 1:00 Schizophrenia Education 2:00 HIV / STI Testing 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery</p>	<p><b>3</b> 7:00 Healing from Trauma 12:00 5 Minute Move It! 1:00 Boundaries 2:00 Anxiety Support 5:00 Meditations 7:00 Relapse Prevention</p>	<p><b>4</b> 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art</p>	<p><b>5</b> Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p>	<p><b>6</b> 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Bipolar Support 2:00 LGBTQ Group 5:00 MH Maintenance 7:00 Dual Diagnosis</p>	<p><b>7</b> 10:00 Computer Skills 11:00 Recovery in Community 1:00 Coping With Addiction 2:00 Self-Esteem 4:00 Veteran Support 5:00 Emotions Group 7:00 Handling Conflict</p>	<p><b>8</b> 10:00 MH / AOD Peer Recovery 12:00 5 Min. Move It! 1:00 Roundtable &amp; Birthday Bash 2:00 Macrame Art 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p><b>9</b> 10:00 Anger Recovery 10:00 Zoo Outing 1:00 Schizophrenia Support 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery</p>	<p><b>10</b> 7:00 Healing from Trauma 12:00 5 Minute Move It! 1:00 Boundaries 2:00 Anxiety Support 5:00 Meditations 7:00 Relapse Prevention</p>	<p><b>11</b> 11:00 Addiction Support 3:00 Depression Support 6:00 Wellness in Art</p>	<p><b>12</b> Sunday Fun day 2:00 Chili Party! 5:00 Gratitude in Recovery AA Group</p>	<p><b>13</b> 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Bipolar Support 2:00 LGBTQ Group 5:00 MH Maintenance 7:00 Dual Diagnosis</p>	<p><b>14</b> 10:00 Computer Skills 1:00 AGB / Code of Conduct: WEST 1:00 Coping With Addiction 2:00 Self Esteem 4:00 Veteran Support 5:00 Emotions Group 7:00 Handling Conflict</p>	<p><b>15</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 1:00 Coney Dogs 2:00 Man to Man 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p><b>16</b> 10:00 Anger Recovery 1:00 Schizophrenia Education 4:00 Man to Man 5:00 Self Care 6:00 Pharmacy Students 7:00 Alcohol/Other Drug Recovery</p>	<p><b>17</b> 7:00 Healing from Trauma 12:00 5 Minute Move It! 1:00 Boundaries 2:00 Anxiety Support 5:00 Meditations 7:00 Relapse Prevention</p>	<p><b>18</b> 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art</p>	<p><b>19</b> Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group <b>CLOSING AT 6:00 PM FOR STAFF DEVELOPMENT</b></p>	<p><b>20</b> 11:00 GED Tutoring 12:00 5 Minute Move It! 1:00 Bipolar Support 2:00 LGBTQ Group 5:00 MH Maintenance 7:00 Dual Diagnosis</p>	<p><b>21</b> 10:00 Computer Skills 11:00 Recovery in Community 1:00 Coping With Addiction 2:00 Self-Esteem 4:00 Veteran Support 5:00 Emotions Group 7:00 Handling Conflict</p>	<p><b>22</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</p>	<p><b>23</b> 10:00 Anger Recovery 1:00 Schizophrenia Support 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery</p>	<p><b>24</b> 7:00 Healing from Trauma 12:00 5 Minute Move It! 1:00 Boundaries 2:00 Anxiety Support 5:00 Meditations 7:00 Relapse Prevention</p>	<p><b>25</b> 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art</p>	<p><b>26</b> Sunday Fun Day! 2:00 Chili Party! 5:00 Gratitude in Recovery AA Group</p>	<p><b>27 Memorial Day</b> Holiday Hours 9am-7pm <b>ALL DAY FUN DAY</b></p>	<p><b>28</b> 10:00 Computer Skills 1:00 AGB / Code of Conduct: EAST 1:00 Coping With Addiction 2:00 Self Esteem 4:00 Veteran Support 5:00 Emotions Group 7:00 Handling Conflict</p>	<p><b>29</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 1:00 Coney Dogs 2:00 Man to Man 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p><b>30</b> 10:00 Anger Recovery 1:00 Schizophrenia Education 4:00 Man to Man  5:30-7:30 A Night of Music &amp; Refreshments With Priscilla Woodson</p>	<p><b>31</b> 7:00 Healing from Trauma 12:00 5 Minute Move It! 1:00 Boundaries 2:00 Anxiety Support 5:00 Meditations 7:00 Relapse Prevention</p>

## "EAST"

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**~Hour~**  
M-F: 7am-11pm  
S-S: 9am-9pm  
Holiday: 9am-7pm

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

**~Daily Activities~**  
Peer Support  
Socialization  
Resource Center  
Media Center  
Art & Craft



**A Place Where EVERYONE MATTERS!**