

"A Place
Where Everyone
Matters"



A Journey and a Destination. Recovery Happens Here!

May 2019

West

860/866

West Broad St.
Columbus, Ohio 43222
Phone: 614-453-4840
Fax: 614-453-4845
www.thepeercenter.org

Hours:

Daily 10:00am-6:00pm
Including Holidays

Daily Warmline







10pm-2am
614-358-TALK(8255)

Daily Activities: Arts/
Crafts, Media Center,
Resource Center, Peer
Support & Socialization

See *Bolded* Items for New
and/or Featured Groups,
Outings and Updates*

The P.E.E.R. Center-East
**A Night of Music &
Refreshments With Priscilla
Woodson**
May 30th 5:30-7:30
205 N. Hamilton Rd.
Columbus, OH
43213
(614)453-4830



SUN	MON	TUES	WED	THU	FRI	SAT
<p>MAY IS 2019 MENTAL HEALTH MONTH</p> <p>#4MIND4BODY</p> 	<p>LEARN ABOUT HEALTH - 4MIND4BODY at bit.ly/MayMH.</p> <p>SHARE WHAT YOU DO TO STAY WELL by posting with #4Mind4Body.</p> <p>SEE WHAT OTHERS ARE DOING at bit.ly/4Mind4Body.</p>	<p>1 10:30 Wellness Conversations/Move It 12:00 Emotions Support 1:00 Alcohol Recovery 3:00 ADHD Support 4:00 Anger Recovery</p>	<p>2 10:30 Wellness Conversations/Move It 12:00 Opiate Recovery 1:00 LBGTQ Support 3:00 Dual Diagnosis 4:00 PTSD Support</p>	<p>3 10:30 Wellness Conversations/Move It 12:00 Healthy Relationships 1:00 Coping W/Stress 2:00 Computer Skills 3:00 Movie</p>	<p>4 10:30 Wellness Conversations/Move It 12:00 Coping in Crisis 2:00 Man to Man 3:00 Relapse Prevention</p>	
<p>5 Super Sunday Fun Day</p> 	<p>6 10:30 Wellness Conversations/Move It 12:00 Communication Skills 1:00 Anxiety Support 3:00 Woman Rise 4:00 Recovering in Community</p>	<p>7 10:30 Wellness Conversations/Move It 12:00 Setting Boundaries 2:00 Positive Thinking 3:00 Wellness in Art 4:00 Addiction Spt.</p>	<p>8 10:30 Wellness Conversations/Move It 12:00 Emotions Support 1:00 Alcohol Recovery 3:00 ADHD Support 4:00 Handling Conflict</p>	<p>9 10:30 Wellness Conversations/Move It 12:00 Opiate Recovery 1:00 LBGTQ Support 3:30 All-Associate Round Table & Birthday Bash</p>	<p>10 10:30 Wellness Conversations/Move It 12:00 Healthy Relationships 1:00 Coping W/Stress 2:00 Computer Skills 3:00 Movie</p>	<p>11 10:30 Wellness Conversations/Move It 12:00 Coping in Crisis 2:00 Man to Man 3:00 Relapse Prevention</p>
<p>12 Super Sunday Fun Day</p> 	<p>13 10:30 Wellness Conversations/Move It 12:00 Communication Skills 1:00 Anxiety Support 2:00-4:00 HIV/STI Testing 3:00 Women Rise 4:00 Recovering in Community</p>	<p>14 10:30 Wellness Conversations/Move It 12:00 Setting Boundaries 1:00 AGB/Code of Conduct Review: WEST 2:00 Positive Thinking 3:00 Wellness in Art 4:00 OSU Pharmacy Students</p>	<p>15 10:30 Wellness Conversations/Move It 12:00 Emotions Support 1:00 Alcohol Recovery 3:00 ADHD Support 4:00 Anger Recovery</p>	<p>16 10:30 Wellness Conversations/Move It 12:00 Opiate Recovery 1:00 LBGTQ Support 3:00 Dual Diagnosis 4:00 PTSD Support</p>	<p>17 10:30 Wellness Conversations/Move It 12:00 Healthy Relationships 1:00 Coping W/Stress 2:00 Computer Skills 3:00 Movie</p>	<p>18 10:30 Wellness Conversations/Move It 12:00 Coping in Crisis 2:00 Man to Man 3:00 Relapse Prevention</p>
<p>19 Open at 1:00 Due to Staff Development Super Sunday Fun Day</p> 	<p>20 10:30 Wellness Conversations/Move It 12:00 Communication Skills 1:00 Anxiety Support 3:00 Woman Rise 4:00 Recovering in Community</p>	<p>21 10:30 Wellness Conversations/Move It 12:00 Setting Boundaries 2:00 Positive Thinking 3:00 Wellness in Art 4:00 Addiction Spt.</p>	<p>22 10:30 Wellness Conversations/Move It 12:00 Emotions Support 1:00 Alcohol Recovery 3:00 ADHD Support 4:00 Handling Conflict</p>	<p>23 10:30 Wellness Conversations/Move It 11:00 Clippers Game 12:00 Opiate Recovery 1:00 LBGTQ Support 3:00 Dual Diagnosis 4:00 PTSD Support</p>	<p>24 10:30 Wellness Conversations/Move It 12:00 Healthy Relationships 1:00 Coping W/Stress 2:00 Computer Skills 3:00 Movie</p>	<p>25 10:30 Wellness Conversations/Move It 12:00 Coping in Crisis 2:00 Man to Man 3:00 Relapse Prevention</p>
<p>26 Super Sunday Fun Day</p> 	<p>27 Memorial Day ALL DAY FUN DAY</p> 	<p>28 10:30 Wellness Conversations/Move It 12:00 Setting Boundaries 1:00 AGB/Code of Conduct Review: EAST 2:00 Positive Thinking 3:00 Wellness in Art 4:00 Addiction Spt.</p>	<p>29 10:30 Wellness Conversations/Move It 12:00 Emotions Support 1:00 Alcohol Recovery 3:00 ADHD Support 4:00 Anger Recovery</p>	<p>30 Closing at 5:00pm 10:30 Wellness Conversations/Move It 12:00 Opiate Recovery 1:00 LBGTQ Support 3:00 Dual Diagnosis 5:30-7:30 A Night of Music & Refreshments With Priscilla Woodson at EAST</p>	<p>31 10:30 Wellness Conversations/Move It 12:00 Healthy Relationships 1:00 Coping W/Stress 2:00 Computer Skills 3:00 Movie</p>	