











June 2019

A Journey and a Destination. Recovery Happens Here!



SUN	MON	TUES	WED	THURS	FRI	SAT
				<p>June 20th @ 11:00am Outing to Columbus Clippers Game! Please Sign Up Space is Limited</p>		<p>1 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art</p> 
<p>2 Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p> 	<p>3 CLOSED For the OhioMHAS Peer Recovery Supporter Conference</p>	<p>4 CLOSED For the OhioMHAS Peer Recovery Supporter Conference</p>	<p>5 10:00 MH / AOD Peer Recovery 12:00 5 Min. 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>6 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>7 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>8 Open at 1:00pm Due to Staff Development 3:00 Depression Support 6:00 Wellness in Art</p> 
<p>9 Sunday Fun Day 2:00 Refreshments! 5:00 Gratitude in Recovery AA Group</p> 	<p>10 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>11 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>12 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 1:00 Roundtable & Birthday Bash 2:00 Man to Man 5:00 Women Rise 6:00 Together We Can Women's AA Grp</p>	<p>13 10:00 Anger Recovery 1:00 Schizophrenia Education 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery</p>	<p>14 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>15 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art</p> 
<p>16 Father's Day Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p> 	<p>17 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>18 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>19 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>20 10:00 Anger Recovery 11:00 Clippers Game 1:00 Schizophrenia Support 4:00 Man to Man 5:00 Self Care 6:00 Pharmacy Students 7:00 Alcohol/Other Drug Recovery</p>	<p>21 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>22 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art</p> 
<p>23 / 30 Sunday Fun Day! 2:00 Refreshments! 5:00 Gratitude in Recovery AA Group</p> <p>30 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group</p>	<p>24 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>25 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>26 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>27 10:00 Anger Recovery 1:00 Schizophrenia Education 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery</p>	<p>28 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>29 11:00 Addiction Support 12:00 Personal Safety 3:00 Depression Support 6:00 Wellness in Art</p> 

A Place Where EVERYONE MATTERS!

'EAST'

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 P: 614.453.4830
 F: 614.453.4845
www.thepeercenter.org

~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
 Arts & Crafts

