

# September 2019

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



SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1 CLOSING at 1:00pm</b> Recovery Month Celebration "A September to Remember" 1:30pm—4:30pm Wolfe Park Shelter House 5:00 Gratitude in Recovery AA Group	<b>2 Labor Day</b> All Day Fun Day Holiday Hours 9:00am—7:00pm 	<b>3</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	<b>4</b> 10:00 MH / AOD Peer Recovery 12:00 5 Min. Move It! 2:00 Macrame Art 5:00 Women Rise 6:00 Together We Can Women's AA Grp	<b>5</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	<b>6</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	<b>7</b> 11:00 Addiction Support 12:00 Personal Safety 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
<b>8</b> Sunday Fun day 2:00 Refreshments! 5:00 Gratitude in Recovery AA Group CLOSING at 6:00 pm DUE TO STAFF DEVELOPMENT	<b>9</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	<b>10</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	<b>11</b> 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	<b>12</b> 10:00 Anger Recovery 11:00 Movie Outing 1:00 Schizophrenia Support 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery	<b>13</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	<b>14</b> 11:00 Addiction Support 12:00 Personal Safety 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
<b>15</b> Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group 	<b>16</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	<b>17</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	<b>18</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Macrame Art 5:00 Women Rise 6:00 Together We Can Women's AA Grp	<b>19</b> 10:00 Anger Recovery 1:00 Schizophrenia Education 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery	<b>20</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	<b>21</b> 11:00 Addiction Support 12:00 Personal Safety 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
<b>22</b> Sunday Fun Day! 2:00 Refreshments! 5:00 Gratitude in Recovery AA Group 	<b>23</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	<b>24</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	<b>25</b> 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Man to Man 5:00 Women Rise 6:00 Together We Can Women's AA Grp	<b>26</b> 10:00 Anger Recovery 1:00 Schizophrenia Support 4:00 Man to Man 5:00 Self Care 7:00 Alcohol/Other Drug Recovery	<b>27</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	<b>28</b> 11:00 Addiction Support 12:00 Personal Safety 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
<b>29</b> Sunday Fun Day! 2:00 Pizza Party! 5:00 Gratitude in Recovery AA Group 	<b>30</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><b>NATIONAL RECOVERY MONTH 2019</b> 30th Anniversary</p>		<p><i>The PEER Center's Annual Recovery Month Celebration</i>                      "A September to Remember"                      Celebrating Multiple Pathways of Recovery</p> <p><i>Sunday, September 1st</i>                      1:30pm—4:30pm @ Wolfe Park Shelter House                      Join Us for DJ, Dancing, Food and Fellowship</p>		

**A Place Where EVERYONE MATTERS!**

**"EAST"**

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**~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**

The PEER Center's  
 PEER Voices Educational Series:  
**Recovery Planning &  
 Resource Building**  
 September 18th 9:00am—1:00pm  
 The PEER Center—WEST  
 McMahon Training Room  
 860 / 866 West Broad St.  
 Columbus, OH 43222

