











March 2020

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



SUN	MON	TUES	WED	THURS	FRI	SAT
1 Sunday Fun Day! 2:00 <i>Pizza Party!</i> 5:00 <i>Gratitude in Recovery AA Group</i> 	2 11:00 LGBTQ Group 12:00 5 Minute Move It! 1:00 Veteran's Spt. 3:00 Emotions Group 6:00 MH Maintenance 7:00 <i>Alcohol/Other Drug Recovery</i>	3 11:00 GED Tutoring 11:00 Recovery in Community 2:00 Self-Esteem 6:00 Anger Recovery 7:00 <i>Relapse Prevention</i>	4 11:00 Self Care 12:00 5 Minute Move It! 2:00 Man to Man 5:00 Women Rise 6:00 <i>Together We Can Women's AA Grp</i>	5 11:00 Healing from Trauma 1:00 Schizophrenia Education 2:00 <i>HIV / STI Testing</i> 4:30 <i>Community Meal</i>	6 11:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 1:00 Handling Conflict 2:00 Anxiety Support 4:00 Meditations 6:00 Bipolar Support	7 11:00 <i>Addiction Support</i> 12:00 Personal Safety 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
8 Daylight Savings Sunday Fun Day! 2:00 <i>Refreshments!</i> 5:00 <i>Gratitude in Recovery AA Group</i> 	9 11:00 LGBTQ Group 12:00 5 Minute Move It! 1:00 Veteran's Spt. 3:00 Emotions Group 6:00 MH Maintenance 7:00 <i>Alcohol/Other Drug Recovery</i>	10 11:00 GED Tutoring 1:00 <i>AGB / Code of Conduct: WEST</i> 2:00 Self Esteem 6:00 Anger Recovery 7:00 <i>Relapse Prevention</i>	11 11:00 Self Care 12:00 5 Minute Move It! 2:00 <i>Roundtable & Birthday Bash</i> 3:00 Man to Man 5:00 Women Rise 6:00 <i>Together We Can Women's AA Grp</i> 	12 11:00 Healing from Trauma 1:00 Schizophrenia Support 2:00 Man to Man 4:30 <i>Community Meal</i>	13 11:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 1:00 Handling Conflict 2:00 Anxiety Support 4:00 Meditations 6:00 Bipolar Support	14 Open at 1:00pm Due to <i>Staff Development</i> 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
15 Sunday Fun Day! 2:00 <i>Pizza Party!</i> 5:00 <i>Gratitude in Recovery AA Group</i> 	16 11:00 LGBTQ Group 12:00 5 Minute Move It! 1:00 Veteran's Spt. 3:00 Emotions Group 6:00 MH Maintenance 7:00 <i>Alcohol/Other Drug Recovery</i>	17 <i>St. Patrick's Day</i> 11:00 GED Tutoring 11:00 Recovery in Community 2:00 Self-Esteem 6:00 Anger Recovery 7:00 <i>Relapse Prevention</i> 	18 11:00 Self Care 12:00 5 Minute Move It! 2:00 Man to Man 5:00 Women Rise 6:00 <i>Together We Can Women's AA Grp</i>	19 11:00 Healing from Trauma 11:00 <i>Bowling Outing</i> 1:00 Schizophrenia Education 2:00 Man to Man 4:30 <i>Community Meal</i>	20 11:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 1:00 Handling Conflict 2:00 Anxiety Support 4:00 Meditations 6:00 Bipolar Support	21 11:00 <i>Addiction Support</i> 12:00 Personal Safety 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
22 Sunday Fun Day! 2:00 <i>Refreshments!</i> 5:00 <i>Gratitude in Recovery AA Group</i> 	23 11:00 LGBTQ Group 12:00 5 Minute Move It! 1:00 Veteran's Spt. 3:00 Emotions Group 6:00 MH Maintenance 7:00 <i>Alcohol/Other Drug Recovery</i>	24 11:00 GED Tutoring 1:00 <i>AGB / Code of Conduct: EAST</i> 2:00 Self Esteem 6:00 Anger Recovery 7:00 <i>Relapse Prevention</i>	25 11:00 Self Care 12:00 5 Minute Move It! 2:00 Man to Man 4:00 <i>Cultural Diversity</i> 5:00 Women Rise 6:00 <i>Together We Can Women's AA Grp</i>	26 11:00 Healing from Trauma 1:00 Schizophrenia Support 2:00 Man to Man 4:30 <i>Community Meal</i>	27 11:00 <i>MH / AOD Peer Recovery</i> 12:00 5 Minute Move It! 1:00 Handling Conflict 2:00 Anxiety Support 4:00 Meditations 6:00 Bipolar Support	28 11:00 <i>Addiction Support</i> 12:00 Personal Safety 2:00 PEERspirit 3:00 Depression Support 6:00 Wellness in Art
29 Sunday Fun Day! 2:00 <i>Pizza Party!</i> 5:00 <i>Gratitude in Recovery AA Group</i> 	30 11:00 LGBTQ Group 12:00 5 Minute Move It! 1:00 Veteran's Spt. 3:00 Emotions Group 6:00 MH Maintenance 7:00 <i>Alcohol/Other Drug Recovery</i>	31 11:00 GED Tutoring 11:00 Recovery in Community 2:00 Self-Esteem 6:00 Anger Recovery 7:00 <i>Relapse Prevention</i>				

~EAST~

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~Hours~

**Open Daily: 9am-9pm
Holidays: 9am-7pm**

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

~Daily Activities~

**Peer Support
Socialization
Resource Center
Media Center
Arts & Crafts**

**~Adults Only~
Ages 18+ Only**

**A Place Where
EVERYONE
MATTERS!**

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