

# September 2020

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



## SUN MON TUES WED THURS FRI SAT

		<b>1</b> 10:00 Anger Recovery 12:00 Relapse Prevention 3:00 Self-Esteem	<b>2</b> 10:00 Self Care 12:00 Personal Health & Safety 3:00 Alcohol / Other Drug Recovery	<b>3</b> 10:00 Recovery Tools 12:00 Coping With Stress 3:00 Community Takeaway Meal	<b>4</b> 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 3:00 Positive Thinking	<b>5</b> 10:00 Depression Support 12:00 Recovery Lifestyle 3:00 Manageability in Recovery
<b>6</b> 11:00 Growing in Wellness 1:00 Recovery in Community 	<b>7</b> <b>Labor Day</b> 10:00 Recovery Goals 12:00 Mental Health Maintenance 3:00 Emotions Group 	<b>8</b> 10:00 Anger Recovery 12:00 Relapse Prevention 3:00 Self-Esteem	<b>9</b> 10:00 Self Care 12:00 Personal Health & Safety 3:00 Alcohol / Other Drug Recovery	<b>10</b> 10:00 Recovery Tools 12:00 Coping With Stress 3:00 Community Takeaway Meal	<b>11</b> 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 3:00 Positive Thinking	<b>12</b> 10:00 Depression Support 12:00 Recovery Lifestyle 3:00 Manageability in Recovery
<b>13</b> 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Pizza Party 	<b>14</b> 10:00 Recovery Goals 12:00 Mental Health Maintenance 3:00 Emotions Group	<b>15</b> 10:00 Anger Recovery 12:00 Relapse Prevention 3:00 Self-Esteem	<b>16</b> 10:00 Self Care 12:00 Personal Health & Safety 3:00 Alcohol / Other Drug Recovery	<b>17</b> 10:00 Recovery Tools 12:00 Coping With Stress 3:00 Community Takeaway Meal	<b>18</b> 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 3:00 Positive Thinking	<b>19</b> 10:00 Depression Support 12:00 Recovery Lifestyle 3:00 Manageability in Recovery
<b>20</b> 11:00 Growing in Wellness 1:00 Recovery in Community 	<b>21</b> 10:00 Recovery Goals 12:00 Mental Health Maintenance 3:00 Emotions Group	<b>22</b> 10:00 Anger Recovery 12:00 Relapse Prevention 3:00 Self-Esteem	<b>23</b> 10:00 Self Care 12:00 Personal Health & Safety 3:00 Alcohol / Other Drug Recovery	<b>24</b> 10:00 Recovery Tools 12:00 Coping With Stress 3:00 Community Takeaway Meal	<b>25</b> 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 3:00 Positive Thinking	<b>26</b> 10:00 Depression Support 12:00 Recovery Lifestyle 3:00 Manageability in Recovery
<b>27</b> 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Pizza Party 	<b>28</b> 10:00 Recovery Goals 12:00 Mental Health Maintenance 3:00 Emotions Group	<b>29</b> 10:00 Anger Recovery 12:00 Relapse Prevention 3:00 Self-Esteem	<b>30</b> 10:00 Self Care 12:00 Personal Health & Safety 3:00 Alcohol / Other Drug Recovery	The P.E.E.R. Center appreciates your help and cooperation in order to be open to in-person peer support services. We are here to provide peer support, recovery through multiple pathways, resources and tools to help you meet recovery goals. With new protocols in place, our structure and activities are being modified to better serve you and these purposes. We encourage you to participate in our new open group formats and to seek out and use available resources to meet your recovery and wellness needs.		

## ~EAST~

**205 N. Hamilton Rd.  
Columbus, OH 43213  
P: 614.453.4830  
F: 614.453.4845  
www.thepeercenter.org**

**~Hours~  
Open Daily:  
9am-4pm**

**~Daily Warmline~  
614.358.TALK (8255)  
5pm-3am**

**~Daily Activities~  
Peer Support  
Socialization  
Resource Center  
Media Center  
Arts & Crafts**

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

**A Place Where  
EVERYONE  
MATTERS!**



**Follow The P.E.E.R. Center on All Social Media!**

**Text 7626 to 614.230.0347 to Donate!**