

**"A Place
Where Everyone
Matters"**



A Journey and a Destination. Recovery Happens Here!

September 2020

~West~

860/866
West Broad St.
Columbus, Ohio 43222
Phone: 614-453-4840
Fax: 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

SUN

MON

TUES

WEDS

THUR

FRI

SAT



**NATIONAL
RECOVERY
MONTH 2020**

1
10:00 Wellness
Conversations/Move It
12:00 Self Care
3:00 Community
Takeaway Meal

2
10:00 Wellness
Conversations/Move It
12:00 Relapse
Prevention
3:00 Emotions Group

3
10:00 Wellness
Conversations/Move It
12:00 Healthy
Boundaries
3:00 Coping with
Stress

4
10:00 Wellness
Conversations/Move It
12:00 Depression
Support
3:00 Recovery in
Community

5
10:00 Wellness
Conversations/Move It
12:00 Anxiety Support
3:00 PTSD Support

6
10:00 Wellness
Conversations/Move It
12:00 Coping In Crisis
1:00 Movie



7
10:00 Wellness
Conversations/Move It
12:00 Positive
Thinking
3:00 Mental Health
Maintenance



8
10:00 Wellness
Conversations/Move It
12:00 Self Care
3:00 Community
Takeaway Meal

9
10:00 Wellness
Conversations/Move It
12:00 Relapse
Prevention
3:00 Emotions Group

10
10:00 Wellness
Conversations/Move It
12:00 Healthy
Boundaries
3:00 Coping with
Stress

11
10:00 Wellness
Conversations/Move It
12:00 Depression
Support
3:00 Recovery in
Community

12
10:00 Wellness
Conversations/Move It
12:00 Anxiety Support
3:00 PTSD Support

13
10:00 Wellness
Conversations/Move It
12:00 Coping In Crisis
1:00 Movie



14
10:00 Wellness
Conversations/Move It
12:00 Positive
Thinking
3:00 Mental Health
Maintenance

15
10:00 Wellness
Conversations/Move It
12:00 Self Care
3:00 Community
Takeaway Meal

16
10:00 Wellness
Conversations/Move It
12:00 Relapse
Prevention
3:00 Emotions Group

17
10:00 Wellness
Conversations/Move It
12:00 Healthy
Boundaries
3:00 Coping with
Stress

18
10:00 Wellness
Conversations/Move It
12:00 Depression
Support
3:00 Recovery in
Community

19
10:00 Wellness
Conversations/Move It
12:00 Anxiety Support
3:00 PTSD Support

20
10:00 Wellness
Conversations/Move It
12:00 Coping In Crisis
1:00 Movie



21
10:00 Wellness
Conversations/Move It
12:00 Positive
Thinking
3:00 Mental Health
Maintenance

22
10:00 Wellness
Conversations/Move It
12:00 Self Care
3:00 Community
Takeaway Meal

23
10:00 Wellness
Conversations/Move It
12:00 Relapse
Prevention
3:00 Emotions Group

24
10:00 Wellness
Conversations/Move It
12:00 Healthy
Boundaries
3:00 Coping with
Stress

25
10:00 Wellness
Conversations/Move It
12:00 Depression
Support
3:00 Recovery in
Community

26
10:00 Wellness
Conversations/Move It
12:00 Anxiety Support
3:00 PTSD Support

27
10:00 Wellness
Conversations/Move It
12:00 Coping In Crisis
1:00 Movie



28
10:00 Wellness
Conversations/Move It
12:00 Positive
Thinking
3:00 Mental Health
Maintenance

29
10:00 Wellness
Conversations/Move It
12:00 Self Care
3:00 Community
Takeaway Meal

30
10:00 Wellness
Conversations/Move It
12:00 Relapse
Prevention
3:00 Emotions Group

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.

SEPTEMBER



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

Text 7626 to 614.230.0347 to Donate!