

**“A Place  
Where Everyone  
Matters”**



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

# OCTOBER 2020

SUN	MON	TUES	WED	THU	FRI	SAT
<p>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.</p>						
<p><b>4</b> 10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p><b>5</b> 10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Mental Health Maintenance</p>	<p><b>6</b> 10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p>	<p><b>7</b> 10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p>	<p><b>8</b> 10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Coping with Stress</p>	<p><b>9</b> 10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p><b>10</b> 10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 PTSD Support</p>
<p><b>11</b> 10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p><b>12</b> 10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Mental Health Maintenance</p>	<p><b>13</b> 10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p>	<p><b>14</b> 10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p>	<p><b>15</b> 10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Coping with Stress</p>	<p><b>16</b> 10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p><b>17</b> 10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 PTSD Support</p>
<p><b>18</b> 10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p><b>19</b> 10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Mental Health Maintenance</p>	<p><b>20</b> 10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p>	<p><b>21</b> 10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p>	<p><b>22</b> 10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Coping with Stress</p>	<p><b>23</b> 10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p><b>24</b> 10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 PTSD Support</p>
<p><b>25</b> 10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p><b>26</b> 10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Mental Health Maintenance</p>	<p><b>27</b> 10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p>	<p><b>28</b> 10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p>	<p><b>29</b> 10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Coping with Stress</p>	<p><b>30</b> 10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p><b>31</b> 10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 PTSD Support</p>

**~West~**

860/866

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www.thepeercenter.org

~Hours~

Open Daily

9am-4:30pm

~Daily Warmline~

614.358.TALK (8255)

5pm-3am

~Daily Activities~

Peer Support

Socialization

Resource Center

Media Center

Arts & Crafts

~Adults Only~

Ages 18+ Only



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



**Text 7626 to 614.230.0347 to Donate!**