









November 2020

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



SUN	MON	TUES	WED	THURS	FRI	SAT	
1 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Refreshments 	2 10:00 Recovery Goals 12:00 Maintaining Mental Health 2:00 Emotions Group	3 10:00 Anger Recovery 12:00 Relapse Prevention 2:00 Self-Esteem	4 10:00 Self Care 12:00 Personal Health & Safety 2:00 Alcohol / Other Drug Recovery	5 10:00 Recovery Tools 12:00 Coping With Stress 3:00 Community Takeaway Meal	6 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 2:00 Positive Thinking	7 10:00 Depression Support 12:00 Recovery Lifestyle 2:00 Managing Life in Recovery	
8 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Pizza Party 	9 10:00 Recovery Goals 12:00 Maintaining Mental Health 2:00 Emotions Group	10 10:00 Anger Recovery 12:00 Relapse Prevention 2:00 Self-Esteem	11 10:00 Self Care 12:00 Personal Health & Safety 2:00 All Associate Roundtable & Birthday Bash	12 10:00 Recovery Tools 12:00 Coping With Stress 3:00 Community Takeaway Meal	13 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 2:00 Positive Thinking	14 10:00 Depression Support 12:00 Recovery Lifestyle 2:00 Managing Life in Recovery	
15 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Refreshments 	16 10:00 Recovery Goals 12:00 Maintaining Mental Health 2:00 Emotions Group	17 10:00 Anger Recovery 12:00 Relapse Prevention 2:00 Self-Esteem	18 10:00 Self Care 12:00 Personal Health & Safety 2:00 Alcohol / Other Drug Recovery	19 10:00 Recovery Tools 12:00 Coping With Stress 3:00 Community Takeaway Meal	20 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 2:00 Positive Thinking	21 10:00 Depression Support 12:00 Recovery Lifestyle 2:00 Managing Life in Recovery	
22 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Pizza Party 	23 10:00 Recovery Goals 12:00 Maintaining Mental Health 2:00 Emotions Group	24 10:00 Anger Recovery 12:00 Relapse Prevention 2:00 Self-Esteem	25 10:00 Self Care 12:00 Personal Health & Safety 2:00 Alcohol / Other Drug Recovery	26 Thanksgiving Day 12:00 Thanksgiving Celebration ALL DAY FUN DAY 	27 10:00 MH / AOD Peer Recovery 12:00 Anxiety Support 2:00 Positive Thinking	28 10:00 Depression Support 12:00 Recovery Lifestyle 2:00 Managing Life in Recovery	
29 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Refreshments 	30 10:00 Recovery Goals 12:00 Maintaining Mental Health 2:00 Emotions Group	 <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>					

~EAST~

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~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

A Place Where EVERYONE MATTERS!



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

Text 7626 to 614.230.0347 to Donate!

