

**“A Place
Where Everyone
Matters”**



A Journey and a Destination. Recovery Happens Here!

NOVEMBER 2020



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



| SUN | MON | TUES | WED | THUR | FRI | SAT |
|--|---|---|---|---|--|---|
| <p>1</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p> | <p>2</p> <p>10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Maintaining Mental Health</p> | <p>3</p> <p>10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p> | <p>4</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p> | <p>5</p> <p>10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Coping with Stress</p> | <p>6</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p> | <p>7</p> <p>10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 Alcohol/Other Drug Recovery</p> |
| <p>8</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p> | <p>9</p> <p>10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Maintaining Mental Health</p> | <p>10</p> <p>10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p> | <p>11</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p> | <p>12</p> <p>10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 All Associate Roundtable & Birthday Bash</p>  | <p>13</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p> | <p>14</p> <p>10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 Alcohol/Other Drug Recovery</p> |
| <p>15</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p> | <p>16</p> <p>10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Maintaining Mental Health</p> | <p>17</p> <p>10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p> | <p>18</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p> | <p>19</p> <p>10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Coping with Stress</p> | <p>20</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p> | <p>21</p> <p>10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 Alcohol/Other Drug Recovery</p> |
| <p>22</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p> | <p>23</p> <p>10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Maintaining Mental Health</p> | <p>24</p> <p>10:00 Wellness Conversations/Move It 12:00 Self Care 3:00 Community Takeaway Meal</p> | <p>25</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Emotions Group</p> | <p>Thanksgiving Day 26</p> <p>12:00 Thanksgiving Day Celebration Fun Day All Day!</p>  | <p>22</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p> | <p>23</p> <p>10:00 Wellness Conversations/Move It 12:00 Anxiety Support 2:00 Alcohol/Other Drug Recovery</p> |
| <p>29</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p> | <p>30</p> <p>10:00 Wellness Conversations/Move It 12:00 Positive Thinking 2:00 Maintaining Mental Health</p> |  |  | <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> | | |



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



Text 7626 to 614.230.0347 to Donate!

