



WEST

860/866 West Broad St
Columbus, OH 43222
P: 614.453.4840
F: 614.453.4845
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

A Place Where
**EVERYONE
MATTERS!**



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

MAY 2021

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</p>				<p>MAY IS MENTAL HEALTH MONTH 2021</p> <p>THERE ARE PRACTICAL TOOLS THAT EVERYONE CAN USE TO IMPROVE THEIR MENTAL HEALTH AND INCREASE RESILIENCY WHEN LIFE GETS TOUGH.</p> <p>LEARN MORE AT MHANATIONAL.ORG/MAY</p>		<p>1</p> <p>10:00 Wellness Conversations/Move It 12:00 Emotions Group 2:00 Coping Skills</p>
<p>2</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p>3</p> <p>10:00 Wellness Conversations/Move It 12:00 Cultural Diversity 2:00 Maintaining Mental Health</p>	<p>4</p> <p>10:00 Wellness Conversations/Move It 12:00 Alcohol & Other Drug Recovery 3:00 Community Takeaway Meal</p>	<p>5</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Anxiety Support</p>	<p>6</p> <p>10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Dual Diagnosis</p>	<p>7</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p>8</p> <p>10:00 Wellness Conversations/Move It 12:00 Emotions Group 2:00 Coping Skills</p>
<p>9</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p>10</p> <p>10:00 Wellness Conversations/Move It 12:00 Cultural Diversity 2:00 All-Associate Round Table & Birthday Bash</p>	<p>11</p> <p>10:00 Wellness Conversations/Move It 12:00 Alcohol & Other Drug Recovery 3:00 Community Takeaway Meal</p>	<p>12</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Anxiety Support</p>	<p>13</p> <p>10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Dual Diagnosis</p>	<p>14</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p>15</p> <p>10:00 Wellness Conversations/Move It 12:00 Emotions Group 2:00 Coping Skills</p>
<p>16</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p>17</p> <p>10:00 Wellness Conversations/Move It 12:00 Cultural Diversity 2:00 Maintaining Mental Health</p>	<p>18</p> <p>10:00 Wellness Conversations/Move It 12:00 Alcohol & Other Drug Recovery 3:00 Community Takeaway Meal</p>	<p>19</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Anxiety Support</p>	<p>20</p> <p>10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Dual Diagnosis</p>	<p>21</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p>22</p> <p>10:00 Wellness Conversations/Move It 12:00 Emotions Group 2:00 Coping Skills</p>
<p>23/30</p> <p>10:00 Wellness Conversations/Move It 12:00 Coping In Crisis 1:00 Movie</p>	<p>24</p> <p>10:00 Wellness Conversations/Move It 12:00 Cultural Diversity 2:00 Maintaining Mental Health</p>	<p>25</p> <p>10:00 Wellness Conversations/Move It 12:00 Alcohol & Other Drug Recovery 3:00 Community Takeaway Meal</p>	<p>26</p> <p>10:00 Wellness Conversations/Move It 12:00 Relapse Prevention 2:00 Anxiety Support</p>	<p>27</p> <p>10:00 Wellness Conversations/Move It 12:00 Healthy Boundaries 2:00 Dual Diagnosis</p>	<p>28</p> <p>10:00 Wellness Conversations/Move It 12:00 Depression Support 2:00 Recovery in Community</p>	<p>29</p> <p>10:00 Wellness Conversations/Move It 12:00 Emotions Group 2:00 Coping Skills</p>

Follow The P.E.E.R. Center on All Social Media! Text 7626 to 614.230.0347 to Donate!