

# May 2022

A Journey and a Destination.  
Recovery Happens Here!



SUN	MON	TUES	WED	THURS	FRI	SAT	
<p>1 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Pizza Party 7:00 Coping With Addiction</p>	<p>2 10:00 Recovery Goals 2:00 Maintaining Mental Health 4:00 Women Rise 7:00 Emotions Group</p>	<p>3 10:00 Anger Recovery 2:00 Cultural Diversity 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>4 10:00 Self Care 2:00 Resource Sharing 4:00 Big Book Study 7:00 Alcohol / Other Drug Recovery</p>	<p>5 10:00 Recovery Tools 12:00 AGB/COC Review - West 2:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Healing/Trauma 7:00 Dual Diagnosis</p>	<p>6 10:00 MH / AOD Peer Recovery 2:00 Job Skills 4:00 Bipolar Support 7:00 Recovery Lifestyle</p>	<p>7 10:00 Creative Writing 12:00 Buckeye Bash! 2:00 Managing Life in Recovery 4:00 Anxiety Support 7:00 Depression Support</p>	
<p>8 <b>Mother's Day</b> 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Chicken Dinner 7:00 Coping With Addiction</p>	<p>9 10:00 Recovery Goals 2:00 Maintaining Mental Health 4:00 Women Rise 7:00 Emotions Group</p>	<p>10 10:00 Anger Recovery 2:00 PEERspirit 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>11 10:00 Self Care 2:00 All Associate Round Table &amp; Birthday Bash 4:00 Big Book Study 7:00 Alcohol / Other Drug Recovery</p>	<p>12 10:00 Recovery Tools 2:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Healing From Trauma 7:00 Dual Diagnosis</p>	<p>13 10:00 MH / AOD Peer Recovery 2:00 Job Skills 4:00 Bipolar Support 7:00 Recovery Lifestyle</p>	<p>14 10:00 Creative Writing 12:00 Buckeye Bash! 2:00 Managing Life in Recovery 4:00 Anxiety Support 7:00 Depression Support</p>	
<p>15 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Pizza Party 7:00 Coping With Addiction</p>	<p>16 10:00 Recovery Goals 2:00 Maintaining Mental Health 4:00 Women Rise 7:00 Emotions Group</p>	<p>17 10:00 Anger Recovery 2:00 Cultural Diversity 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>18 10:00 Self Care 2:00 Resource Sharing 4:00 Big Book Study 7:00 Alcohol / Other Drug Recovery</p>	<p>19 10:00 Recovery Tools 12:00 AGB/COC Review - West 2:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Healing/Trauma 7:00 Dual Diagnosis</p>	<p>20 10:00 MH / AOD Peer Recovery 2:00 Job Skills 4:00 Bipolar Support 7:00 Recovery Lifestyle</p>	<p>21 <b>OPEN at 11:00am Due to Staff Training &amp; Development</b> 12:00 Buckeye Bash! 2:00 Managing Life in Recovery 4:00 Anxiety Support 7:00 Depression Support</p>	
<p>22 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 Chicken Dinner 7:00 Coping With Addiction</p>	<p>23 10:00 Recovery Goals 2:00 Maintaining Mental Health 4:00 Women Rise 7:00 Emotions Group</p>	<p>24 10:00 Anger Recovery 2:00 PEERspirit 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>25 10:00 Self Care 2:00 Resource Sharing 4:00 Big Book Study 7:00 Alcohol / Other Drug Recovery</p>	<p>26 10:00 Recovery Tools 2:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Healing From Trauma 7:00 Dual Diagnosis</p>	<p>27 10:00 MH / AOD Peer Recovery 2:00 Job Skills 4:00 Bipolar Support 7:00 Recovery Lifestyle</p>	<p>28 10:00 Creative Writing 12:00 Buckeye Bash! 2:00 Managing Life in Recovery 4:00 Anxiety Support 7:00 Depression Support</p>	
<p>29 12:00-4:00 Party With A Purpose! MHAM Event 7:00 Coping With Addiction</p>	<p>30 <b>Memorial Day</b> <b>All Day Fun Day!</b> Holiday Hours 9am-7pm</p>	<p>31 10:00 Anger Recovery 2:00 Cultural Diversity 4:00 Man to Man 7:00 Relapse Prevention</p>	<p><b>May is National Mental Health Awareness Month!</b> Join us at EAST for a "Party With A Purpose!" Sunday, May 29th 12pm-4pm</p>			<p><b>BACK TO BASICS</b></p>	<p><b>MENTAL HEALTH AWARENESS MONTH</b> MAY</p>

~EAST~

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P: 614.453.4830  
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~Hours~

Open Daily: 9am-9pm  
Holidays: 9am-7pm

~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!**



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