



A Journey and a Destination. Recovery Happens Here!



MAY 2022



WEST

860/866 West Broad St
Columbus, OH 43222
P: 614.453.4840
F: 614.453.4845
www.thepeercenter.org

~Hours~
Open Daily:
9am-5:00pm

~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!**

SUN	MON	TUES	WED	THU	FRI	SAT
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<p>1</p> <p>10:00 Wellness Conversations 12:00 Recovering In Community 1:00 Pizza Party 2:00 Movie </p>	<p>2</p> <p>10:00 Cultural Diversity 12:00 Alcohol & Other Drug Recovery 2:00 Life Skills</p>	<p>3</p> <p>10:00 Depression Support 12:00 Awareness, Behavior and Change 3:00 Community Takeaway Meal</p>	<p>4</p> <p>10:00 Coping With Stress 12:00 Healthy Boundaries 2:00 Anxiety Support</p>	<p>5</p> <p>10:00 Progressing in Recovery 12:00 Women Rise 12:00 AGB/Code of Conduct Review: WEST 2:00 Communication Skills</p>	<p>6</p> <p>10:00 Positive Thinking 12:00 Anger Recovery 2:00 Healing from Trauma</p>	<p>7</p> <p>10:00 Setting Goals 12:00 Relapse Prevention 2:00 Man 2 Man </p>
<p>8</p> <p>Mother's Day 10:00 Wellness Conversations 12:00 Recovering In Community 1:00 Pizza Party 2:00 Movie </p>	<p>9</p> <p>10:00 Cultural Diversity 12:00 Alcohol & Other Drug Recovery 2:00 All-Associate Round Table & Birthday Bash </p>	<p>10</p> <p>10:00 Depression Support 12:00 Awareness, Behavior and Change 3:00 Community Takeaway Meal</p>	<p>11</p> <p>10:00 Coping With Stress 12:00 Healthy Boundaries 2:00 Anxiety Support</p>	<p>12</p> <p>10:00 Progressing in Recovery 12:00 Women Rise 2:00 Communication Skills</p>	<p>13</p> <p>10:00 Positive Thinking 12:00 Anger Recovery 2:00 Healing from Trauma</p>	<p>14</p> <p>10:00 Setting Goals 12:00 Relapse Prevention 2:00 Man 2 Man </p>
<p>15</p> <p>10:00 Wellness Conversations 12:00 Recovering In Community 1:00 Pizza Party 2:00 Movie </p>	<p>16</p> <p>10:00 Cultural Diversity 12:00 Alcohol & Other Drug Recovery 2:00 Life Skills</p>	<p>17</p> <p>10:00 Depression Support 12:00 Awareness, Behavior and Change 3:00 Community Takeaway Meal</p>	<p>18</p> <p>10:00 Coping With Stress 12:00 Healthy Boundaries 2:00 Anxiety Support</p>	<p>19</p> <p>10:00 Progressing in Recovery 12:00 Women Rise 12:00 AGB/Code of Conduct Review: WEST 2:00 Communication Skills</p>	<p>20</p> <p>10:00 Positive Thinking 12:00 Anger Recovery 2:00 Healing from Trauma</p>	<p>21</p> <p>OPEN At 11am due to Staff Training & Development 12:00 Relapse Prevention 2:00 Man 2 Man </p>
<p>22</p> <p>10:00 Wellness Conversations 12:00 Recovering In Community 1:00 Pizza Party 2:00 Movie </p>	<p>23</p> <p>10:00 Cultural Diversity 12:00 Alcohol & Other Drug Recovery 2:00 Life Skills</p>	<p>24</p> <p>10:00 Depression Support 12:00 Awareness, Behavior and Change 3:00 Community Takeaway Meal</p>	<p>25</p> <p>10:00 Coping With Stress 12:00 Healthy Boundaries 2:00 Anxiety Support</p>	<p>26</p> <p>10:00 Progressing in Recovery 12:00 Women Rise 2:00 Communication Skills</p>	<p>27</p> <p>10:00 Positive Thinking 12:00 Anger Recovery 2:00 Healing from Trauma</p>	<p>28</p> <p>10:00 Setting Goals 12:00 Relapse Prevention 2:00 Man 2 Man </p>
<p>29</p> <p>Special Hours! OPEN 7:00am-11:00am 10:00 Wellness Conversations 12:00-4:00 Party With A Purpose! MHAM Event </p>	<p>30</p> <p>Memorial Day All Day Fun Day! </p>	<p>31</p> <p>10:00 Depression Support 12:00 Awareness, Behavior and Change 3:00 Community Takeaway Meal</p>	<p>May is National Mental Health Awareness Month! Join us at EAST for a "Party With A Purpose!" Sunday, May 29th 12pm-4pm </p>		<p>BACK TO BASICS </p>	<p>MENTAL HEALTH AWARENESS MONTH MAY </p>



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