

November 2022

A Journey and a Destination.
Recovery Happens Here!



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<p>TPC Virtual: - Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm Registration Link: https://tinyurl.com/ycx7p2xn</p>		<p>1 10:00 Recovery Goals 11:00 Empower U 2:00 Job Skills 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>2 10:00 Self Care 2:00 Resource Sharing 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p>3 10:00 Recovery Tools 12:00 AGB/COC Review - West 2:00 Coping With Stress 3:00 Community Takeaway Meal 7:00 Dual Diagnosis</p>	<p>4 10:00 Communication Skills 2:00 Cultural Diversity 4:00 Bipolar Support 7:00 Recovery Lifestyle</p>	<p>5 10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Handling Conflict 4:00 Anxiety Support 7:00 Depression Support</p>
<p>6 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction</p>	<p>7 10:00 Coping Skills 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p>8 10:00 Recovery Goals 11:00 Empower U 2:00 Job Skills 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>9 10:00 Self Care 2:00 All Associate Round Table & Birthday Bash 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p> <p>Happy Birthday</p>	<p>10 10:00 Recovery Tools 2:00 Coping With Stress 3:00 Community Takeaway Meal 7:00 Dual Diagnosis</p>	<p>11 Veteran's Day 10:00 Communication Skills 2:00 Cultural Diversity 4:00 Bipolar Support 7:00 Recovery Lifestyle</p> <p>VETERANS DAY *****</p>	<p>12 OPEN at 11:00am Due to Staff Training & Development 12:00 PEERcafe: Buckeye Bash! 2:00 Handling Conflict 4:00 Anxiety Support 7:00 Depression Support</p>
<p>13 11:00 Growing in Wellness 12:00 — 2:00 The SOAR Foundation Meal & PEERhugs Giveaway 7:00 Coping With Addiction</p>	<p>14 10:00 Coping Skills 11:00 Movie Outing 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p>15 10:00 Recovery Goals 11:00 Empower U 2:00 Job Skills 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>16 10:00 Self Care 2:00 Resource Sharing 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p>17 10:00 Recovery Tools 12:00 AGB/COC Review - West 2:00 Coping With Stress 3:00 Community Takeaway Meal 7:00 Dual Diagnosis</p>	<p>18 10:00 Communication Skills 2:00 PEERspirit 4:00 Bipolar Support 7:00 Recovery Lifestyle</p>	<p>19 10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Handling Conflict 7:00 Depression Support</p>
<p>20 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction</p>	<p>21 10:00 Coping Skills 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p>22 10:00 Recovery Goals 11:00 Empower U 2:00 Job Skills 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>23 10:00 Self Care 2:00 Resource Sharing 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p>24 Thanksgiving Day Holiday Hours 9am—7pm 12:00pm Thanksgiving Day Holiday Meal</p> <p>Happy Thanksgiving</p>	<p>25 10:00 Communication Skills 2:00 Cultural Diversity 4:00 Bipolar Support 7:00 Recovery Lifestyle</p>	<p>26 10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Handling Conflict 4:00 Anxiety Support 7:00 Depression Support</p>
<p>27 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Pizza Party 7:00 Coping With Addiction</p>	<p>28 10:00 Coping Skills 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p>29 10:00 Recovery Goals 11:00 Empower U 2:00 Job Skills 4:00 Man to Man 7:00 Relapse Prevention</p>	<p>30 10:00 Self Care 2:00 Resource Sharing 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p>Please Join Us in Partnership with Columbus Urban League for "Empower U" Sessions at our EAST Location, Every Tuesday at 11:00am</p> <p>Topics Include Thinking Errors, Changing Habits, Behaviors & Decision-Making</p>		

~EAST~

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www.thepeercenter.org

~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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