














A Journey and a Destination. Recovery Happens Here! **NOVEMBER 2022**

SUN	MON	TUES	WED	THUR	FRI	SAT
TPC Virtual: - Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm Registration Link: https://tinyurl.com/ycx7p2xn		1 10:00 Depression Support 12:00 Wellness In Art 3:00 Community Takeaway Meal	2 10:00 Coping With Stress 12:00 Cultural Diversity 2:00 Recovering In Community	3 10:00 Ripples of Re-Entry 12:00 ACB/Code of Conduct Review: WEST 2:00 Women Rise 3:00 Communication Skills	4 10:00 Self Esteem 11:00 Empower U 12:00 Anger Recovery 2:00 Healing from Trauma	5 10:00 Setting Goals 12:00 Relapse Prevention 2:00 Man 2 Man Trauma 
6 Sunday Fun Day 1:00 PEERcafe: Pizza Party 2:00 Movie 	7 10:00 Wellness Conversations 12:00 Alcohol & Other Drug Recovery 2:00 Happiness Is...	8 10:00 Depression Support 12:00 Wellness In Art 3:00 Community Takeaway Meal	9 10:00 Coping With Stress 12:00 Cultural Diversity 2:00 Recovering In Community	10 10:00 Ripples of Re-Entry 11:00 Empower U 2:00 Women Rise 3:00 Communication Skills	11 <u>Veteran's Day</u> 10:00 Self Esteem 12:00 Anger Recovery 2:00 Healing from Trauma <div style="border: 1px solid red; padding: 2px; text-align: center;"> VETERANS DAY ★★★★★★★★★★ </div> 	12 OPEN At 11am due to Staff Training & Development 12:00 Relapse Prevention 2:00 Man 2 Man 
13 Sunday Fun Day 1:00 PEERcafe: Pizza Party 2:00 Movie 	14 10:00 Wellness Conversations 12:00 Alcohol & Other Drug Recovery 2:00 All-Associate Round Table & Birthday Bash	15 10:00 Depression Support 12:00 Wellness In Art 3:00 Community Takeaway Meal	16 10:00 Coping With Stress 12:00 Cultural Diversity 2:00 Recovering In Community	17 10:00 Ripples of Re-Entry 12:00 ACB/Code of Conduct Review: WEST 2:00 Women Rise 3:00 Communication Skills	18 10:00 Self Esteem 11:00 Empower U 12:00 Anger Recovery 2:00 Healing from Trauma	19 10:00 Setting Goals 12:00 Relapse Prevention 2:00 Man 2 Man Trauma 
20 Sunday Fun Day 1:00 PEERcafe: Pizza Party 2:00 Movie 	21 10:00 Wellness Conversations 11:00 Movie Outing 12:00 Alcohol & Other Drug Recovery 2:00 Happiness Is...	22 10:00 Depression Support 12:00 Wellness In Art 2:00 Empower U 3:00 Community Takeaway Meal	23 10:00 Coping With Stress 12:00 Cultural Diversity 2:00 Recovering In Community	24 <u>Thanksgiving Day</u> 12:00 Thanksgiving Day Celebration All Day Fun Day 	25 10:00 Self Esteem 12:00 Anger Recovery 2:00 Healing from Trauma	26 10:00 Setting Goals 12:00 Relapse Prevention 2:00 Man 2 Man Trauma 
27 Sunday Fun Day 1:00 PEERcafe: Pizza Party 2:00 Movie 	28 10:00 Wellness Conversations 12:00 Alcohol & Other Drug Recovery 2:00 Happiness Is...	29 10:00 Positive Thinking 10:00 Depression Support 12:00 Wellness In Art 3:00 Community Takeaway Meal	30 10:00 Coping With Stress 12:00 Cultural Diversity 2:00 Recovering In Community	Please Join Us in Partnership with Columbus Urban League for "Empower U" Sessions at our West Location Topics Include Thinking Errors, Changing Habits, Behaviors & Decision-Making		



~West~

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 www.thepeercenter.org

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

~Daily Warmline~
 614.358.TALK (8255)
 5:00pm-3:00am

~Daily Activities~
 Peer Support
 Socialization
 Resource Center
 Media Center
 Arts & Crafts

~Adults Only~
 Ages 18+ Only



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Text 7626 to 614.230.0347 to Donate!