

# January 2023

A Journey and a Destination.  
Recovery Happens Here!



SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>1 New Year's Day</b></p> <p>Holiday Hours 9:00—7:00 3:00 PEERcafe: Chicken Dinner</p>	<p><b>2 TPC's Anniversary</b></p> <p>10:00 Coping Skills 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p><b>3</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>4</b></p> <p>10:00 Self Care 2:00 Communication Skills 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>5</b></p> <p>10:00 Coping With Stress 12:00 AGB/COC Review - West 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>6</b></p> <p>10:00 PEERspirit 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>7</b></p> <p>10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>8</b></p> <p>11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Pizza Party 7:00 Coping With Addiction</p>	<p><b>9</b></p> <p>2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p><b>10</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>11</b></p> <p>10:00 Self Care 2:00 All Associate Round Table &amp; Birthday Bash 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>12</b></p> <p>10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>13</b></p> <p>10:00 Cultural Diversity 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>14</b></p> <p>10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>15</b></p> <p>12:00—2:00 The S.O.A.R. Foundation Sponsored Meal</p>	<p><b>16 MLK Day</b></p> <p>Holiday Hours 9:00—7:00</p>	<p><b>17</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>18</b></p> <p>10:00 Self Care 11:00 Columbus Museum of Art Outing 2:00 Communication Skills 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>19</b></p> <p>10:00 Coping With Stress 12:00 AGB/COC Review - West 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>20</b></p> <p>10:00 PEERspirit 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>21</b></p> <p>10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>22</b></p> <p>11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Pizza Party 7:00 Coping With Addiction</p>	<p><b>23</b></p> <p><b>EAST Opens at 11:00 for Staff Development</b></p> <p>2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p><b>24</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>25</b></p> <p>10:00 Self Care 2:00 Communication Skills 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>26</b></p> <p>10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>27</b></p> <p>10:00 Cultural Diversity 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>28</b></p> <p>10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>29</b></p> <p>11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction</p>	<p><b>30</b></p> <p>10:00 Coping Skills 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p><b>31</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>The P.E.E.R. Center Celebrates 16 Years of Operations!</b></p>		<p><b>TPC Virtual:</b> - Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm Registration Link: <a href="https://tinyurl.com/ycx7p2xn">https://tinyurl.com/ycx7p2xn</a></p>	

**~EAST~**

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**~Hours~**  
Open Daily: 9am-3pm  
Holidays: 9am-7pm

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5pm-3am

**~Daily Activities~**  
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Socialization  
Resource Center  
Media Center  
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**~Adults Only~**  
Ages 18+ Only

A Place Where **EVERYONE MATTERS!**



Follow The P.E.E.R. Center on All Social Media!

Text 7626 to 614.230.0347 to Donate!