

February 2023

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



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<p>5 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Pizza Party 7:00 Coping With Addiction</p>	<p>6 TPC EAST CLOSED! WEST OPEN 9am-5pm</p>	<p>7 TPC EAST CLOSED! WEST OPEN 9am-5pm</p>	<p>8 10:00 Self Care 2:00 All Associate Round Table & Birthday Bash 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p>9 10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p>10 10:00 Cultural Diversity 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p>11 10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p>
<p>12 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction</p>	<p>13 10:00 Coping Skills 11:00 Bowling Outing 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p>14 Valentine's Day 10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>15 10:00 Self Care 2:00 Communication Skills 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p>16 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>17 10:00 PEERspirit 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p>18 10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p>
<p>19 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Pizza Party 7:00 Coping With Addiction</p>	<p>20 Presidents Day 10:00 Coping Skills 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p>21 10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>22 10:00 Self Care 2:00 Communication Skills 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p>23 10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p>24 10:00 Cultural Diversity 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p>25 10:00 Creative Writing 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p>
<p>26 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction</p>	<p>27 10:00 Coping Skills 2:00 Life Skills 4:00 Women Rise 7:00 Emotions Group</p>	<p>28 10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>Valentine's Day</p> <p>TPC Virtual: - Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm Registration Link: https://tinyurl.com/ycx7p2xn</p>			

~EAST~
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