

# May 2023

A Journey and a Destination.  
Recovery Happens Here!



SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Still Here, Still Strong Sweet 16!</b></p> <p>May 23rd 6:30pm Musical Performance Fundraising Event! Natalie's Grandview</p> <p>Featuring: Priscilla Woodson MC Gabe Howard</p>	<p><b>1</b></p> <p>10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p><b>2</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>3</b></p> <p>10:00 Self Care 2:00 Women Rise 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>4 Day of Prayer</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>5 Cinco de Mayo</b></p> <p>10:00 Cultural Diversity 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>6</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>7</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>8</b></p> <p>10:00 Coping Skills 11:00 Bowling Outing 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p> 	<p><b>9</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>10</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>11</b></p> <p>10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>12</b></p> <p>10:00 PEERspirit 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>13</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>14 Mother's Day</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>15</b></p> <p>10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p><b>16</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>17</b></p> <p>10:00 Self Care 2:00 Women Rise 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>18</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>19</b></p> <p>10:00 Cultural Diversity 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>20</b></p> <p>Open at 11:00am Due to Staff Training &amp; Development 12:00 PEERcafe: Buckeye Bash! 2:00 Dual Diagnosis 4:00 Anxiety Support 7:00 Depression Support</p> 
<p><b>21</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>22</b></p> <p>10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p><b>23</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills CLOSING AT 5:00pm</p> <p>Still Here, Still Strong Sweet 16! Musical Performance Fundraising Event!</p>	<p><b>24</b></p> <p>10:00 Self Care 2:00 Women Rise 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>25</b></p> <p>10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>26</b></p> <p>10:00 PEERspirit 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools</p>	<p><b>27</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>28</b></p> <p>The S.O.A.R. Foundation— Party With A Purpose! Celebration for Recovery! 12:00pm—3:00pm</p> 	<p><b>29 Memorial Day</b></p> <p>Holiday Hours 9:00am-7:00pm All Day Fun Day</p> 	<p><b>30</b></p> <p>10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>31</b></p> <p>10:00 Self Care 2:00 Women Rise 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery</p>	<p><b>TPC Virtual:</b></p> <p>- Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm</p> <p>Registration Link: <a href="https://tinyurl.com/yc7p2xn">https://tinyurl.com/yc7p2xn</a></p>	<p><b>MAY IS MENTAL HEALTH MONTH</b></p> <p>TAKE SOME TIME TO LOOK AROUND, LOOK WITHIN</p> <p>MHANATIONAL.ORG/MAY</p> 	

**~EAST~**

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