

September 2023

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



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NATIONAL RECOVERY MONTH 		September is Recovery Month! Join us at EAST to Celebrate "Yes We Can Recover!" Sunday, September 3rd 12pm—3pm Raffles Barbours Food Games Phones Music Clothes & Toiletries		TPC Virtual: - Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm Registration Link: https://tinyurl.com/yc7p2xn		1 10:00 PEERspirit 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools 	
3 The S.O.A.R. Foundation Yes We Can Recover! 12pm—3pm TPC EAST 		4 Labor Day Holiday Hours 9am—7pm LABOR DAY 		5 10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention		6 10:00 Self Care 2:00 Women Rise 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery	
10 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction 		11 10:00 Coping Skills 11:00 Bowling Outing 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group		12 10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention		13 10:00 Self Care 2:00 All Associate Round Table & Birthday Bash 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery 	
17 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Pizza Party 7:00 Coping With Addiction 		18 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group		19 10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention		20 10:00 Self Care 2:00 Women Rise 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery	
24 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction 		25 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group		26 10:00 Recovery Goals 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention		27 10:00 Self Care 2:00 Women Rise 4:00 Wellness Tips 7:00 Alcohol / Other Drug Recovery	
30 10:00 Creative Writing 2:00 Dual Diagnosis 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support 		31 10:00 Creative Writing 2:00 Dual Diagnosis 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support 		14 10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict		15 10:00 PEERspirit 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools	
8 10:00 Cultural Diversity 2:00 Bipolar Support 4:00 Recovery Lifestyle 7:00 Recovery Tools		9 10:00 Creative Writing 2:00 Dual Diagnosis 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support 		7 10:00 Coping With Stress 12:00 AGB/COC Review - West 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict		16 OPEN at 11:00am for Staff Development & Training 2:00 Dual Diagnosis 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support 	

~EAST~
 205 N. Hamilton Rd.
 Columbus, OH 43213
 P: 614.453.4830
 F: 614.453.4845
www.thepeercenter.org

~Hours~
 Open Daily: 9am-3pm
 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!

