

# November 2023

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



SUN	MON	TUES	WED	THURS	FRI	SAT
			<p><b>1</b> 10:00 Wellness Tips 2:00 Recovery Goals 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p><b>2</b> 10:00 Coping With Stress <b>12:00 AGB/COC Review - West</b> <b>3:00 Community Takeaway Meal</b> 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>3</b> 10:00 PEERspirit 2:00 Recovery Tools 4:00 Dual Diagnosis 7:00 Bipolar Support</p>	<p><b>4</b> 10:00 Recovery Lifestyle <b>3:00 PEERcafe: Buckeye Bash!</b> 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>5</b> <u>Daylight Savings Time Ends</u> 11:00 Growing in Wellness 1:00 Recovery in Community <b>3:00 PEERcafe: Chicken Dinner</b> 7:00 Coping With Addiction</p>	<p><b>6</b> 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p><b>7</b> 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>8</b> 10:00 Wellness Tips <b>2:00 All Associate Round Table &amp; Birthday Bash</b> 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p><b>9</b> 10:00 Coping With Stress <b>3:00 Community Takeaway Meal</b> 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>10</b> 10:00 Cultural Diversity 2:00 Recovery Tools 4:00 Dual Diagnosis 7:00 Bipolar Support</p>	<p><b>11</b> <u>Veteran's Day</u> 10:00 Recovery Lifestyle <b>3:00 PEERcafe: Buckeye Bash!</b> 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>12</b> <u>Diwali Thanksgiving Dinner</u> Sponsored by The S.O.A.R. Foundation and The P.E.E.R. Center 12pm-2pm Linden Community Center- Family Friendly Transportation Provided at 10:45am <b>EAST will CLOSE and REOPEN after Event!</b></p>	<p><b>13</b> 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p><b>14</b> 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>15</b> 10:00 Wellness Tips 2:00 Recovery Goals 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p><b>16</b> <u>International Day of Tolerance</u> 10:00 Coping W/Stress <b>12:00 AGB/COC Review - West</b> <b>3:00 Community Takeaway Meal</b> 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>17</b> 10:00 PEERspirit 2:00 Recovery Tools 4:00 Dual Diagnosis 7:00 Bipolar Support</p>	<p><b>18</b> <u>OPEN at 11:00am for Staff Development &amp; Training</u> <b>3:00 PEERcafe: Buckeye Bash!</b> 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>19</b> 11:00 Growing in Wellness 1:00 Recovery in Community <b>3:00 PEERcafe: Chicken Dinner</b> 7:00 Coping With Addiction</p>	<p><b>20</b> 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p><b>21</b> 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>22</b> 10:00 Wellness Tips 2:00 Recovery Goals 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p><b>23</b> <u>Thanksgiving Day</u> <b>1:00 Thanksgiving Day Celebration</b> <b>OPEN 9am-7pm</b></p>	<p><b>24</b> 10:00 Cultural Diversity 2:00 Recovery Tools 4:00 Dual Diagnosis 7:00 Bipolar Support</p>	<p><b>25</b> 10:00 Recovery Lifestyle <b>3:00 PEERcafe: Buckeye Bash!</b> 4:00 Anxiety Support 7:00 Depression Support</p>
<p><b>26</b> 11:00 Growing in Wellness 1:00 Recovery in Community <b>3:00 PEERcafe: Pizza Party</b> 7:00 Coping With Addiction</p>	<p><b>27</b> 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p><b>28</b> 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p><b>29</b> 10:00 Wellness Tips 2:00 Recovery Goals 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p><b>30</b> 10:00 Coping With Stress <b>3:00 Community Takeaway Meal</b> 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p><b>TPC Virtual:</b> - Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm Registration Link: <a href="https://tinyurl.com/yxc7p2xn">https://tinyurl.com/yxc7p2xn</a></p>	

**~EAST~**

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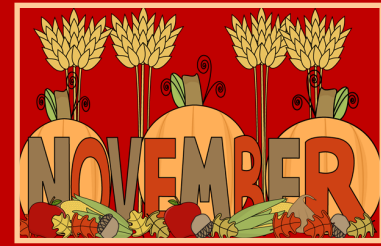
**~Hours~  
Open Daily:  
9am-9pm  
Holidays: 9am-7pm**

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

**~Daily Activities~  
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Socialization  
Resource Center  
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Arts & Crafts**

**~Adults Only~  
Ages 18+ Only**

**A Place Where  
EVERYONE  
MATTERS!**



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