

May 2017

A Journey and a Destination. Recovery Happens Here!



SUN	MON	TUES	WED	THURS	FRI	SAT	
	1 11:00 Walking Club 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	2 10:00 Computer Skills 11:00 Recovery in Community 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	3 11:00 Job Readiness 12:00 5 Minute Move It! 1:00 Self Esteem 2:00 Man Up! 5:00 Women's Recovery 7:00 Dual Diagnosis	4 10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Support 2:00 HIV / STI Testing 4:00 Man Up! 7:00 Relapse Prevention	5 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	6 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support	
7 Sunday Fun Day! Open 9-9 	8 11:00 Tai Chi 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	9 10:00 Computer Skills 1:00 AGB / Code of Conduct: WEST 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	10 11:00 Job Readiness 12:00 5 Minute Move It! 12:05 Healthy Habits 1:00 Self-Esteem 2:00 Knitting Club 5:00 Women's Recovery 7:00 Dual Diagnosis	11 10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Support 2:00 All Associate Roundtable & Birthday Bash 4:00 Man Up! 7:00 Relapse Prevention	12 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	13 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support	
14 Mother's Day Sunday Fun Day! Open 9-9 	15 11:00 Walking Club 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	16 10:00 Computer Skills 11:00 Recovery in Community 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	17 11:00 Job Readiness 12:00 5 Minute Move It! 1:00 Self Esteem 2:00 Man Up! 5:00 Women's Recovery 7:00 Dual Diagnosis	18 10:00 Self Care 11:00 Chess Club 12:00 Ice Cream Social 1:00 Schizophrenia Education 3:00 Cultural Diversity 4:00 Man Up! 7:00 Relapse Prevention	19 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	20 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support	
21 Sunday Fun Day! Closing Early! Open 9-6	22 11:00 Tai Chi 12:00 5 Minute Move It! 1:00 Recovery Tools 4:00 LGBTQ Group 5:00 Emotions Group 7:00 Positive Thinking	23 10:00 Computer Skills 1:00 AGB / Code of Conduct: EAST 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	24 11:00 Job Readiness 12:00 5 Minute Move It! 12:05 Healthy Habits 1:00 Self-Esteem 2:00 Knitting Club 5:00 Women's Recovery 7:00 Dual Diagnosis	25 10:00 Self Care 11:00 Chess Club 1:00 Schizophrenia Support 4:00 Man Up! 7:00 Relapse Prevention	26 10:00 MH / AOD Peer Recovery 12:00 5 Minute Move It! 2:00 Anxiety Support 4:00 Survivors' Support 7:00 Handling Conflict	27 11:00 Setting Boundaries 12:00 Personal Safety 3:00 Veteran's Support	
28 Sunday Fun Day! Open 9-9 	29 Memorial Day Holiday Hours 9am-7pm All Day Fun Day!	30 10:00 Computer Skills 11:00 Recovery in Community 2:00 Anger Recovery 5:00 Depression Support 7:00 Alcohol/Other Drug Recovery	31 11:00 Job Readiness 12:00 5 Minute Move It! 1:00 Self Esteem 2:00 Man Up! 5:00 Women's Recovery 7:00 Dual Diagnosis	Walking Club and Tai Chi Alternating Mondays at 11:00am Ice Cream Social May 18th at 12:00pm 			

~EAST~

750 East Broad St.
Columbus, OH 43205
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F: 614.453.4845
www.thepeercenter.org

-Hours-
M-F: 7am-11pm
S-S: 9am-9pm
Holidays: 9am-7pm

-Daily Warmline-
614.358.TALK (8255)
10pm-2am

-Daily Activities-
Peer Support
Socialization
Resource Center
Media Center
Arts & Crafts

The PEER Center & MHAFC
Co-Host a Bipolar Peer Support Group!
Meadow Park Church of God,
2425 Bethel Rd.,
Columbus, OH 43220
Meets first and third Thursdays



A Place Where EVERYONE MATTERS!