

Recovery Center of Hamilton County

Class Schedule

January 2, 2012 through March 9, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10:00	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	
10:30 - 11:30	Computer Skills: <i>Microsoft Word</i>	Computer Skills: <i>Intermediate Computers</i>	Computer Skills: <i>Photoshop</i>	Computer Skills: <i>Intermediate Computers</i>	Improving Your Physical Health 10:30-11:00	
	Navigating Your Recovery	Whole Health *For those who took it last session*	Music Listening & Theory		Self Esteem	
	Job Readiness					
Drum Circle *Starts at 10:00*	Recovery thru Time & Life Management 10:30-12:45	Gourmet Cooking 10:30-12:45	Going deeper into SoulCollage 10:30-12:45	Wellness Management & Recovery 10:30-12:45		Get Crafty 11:00-12:45
Computer Skills: <i>Social Networking</i>	Computer Skills: Introduction to Computers					
11:45 - 12:45	Fitness & Nutrition	Wellness Recovery Action Plan	Exercising Your Brain		Computer Skills: <i>Introduction to Computers</i>	
	Goal Setting	Creative Writing	American Sign Language		Rise Up Singing	Organizational Skills
1:30 - 2:30	COLLEGE.... Where do I even begin??	Taekwondo	Hearing Voices		Depression/Bipolar Support Group	Bipolar Education
	Our Stories in Images 1:30-3:30	RCHC Newsletter	Computer Skills: <i>Web Design</i>			
2:45 - 3:45	Life Lessons for Recovery	Educational Skills	2:00 <i>Art @ Essex Studios</i>		Art History	Physical Wellness
		Let's Talk German				

*Lunch is served to those participating in classes every day at 12:45

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For more information, please call 513.241.1411 or visit us on the web at www.recoverycenterhc.org