

Recovery Center of Hamilton County

Online Class Schedule | January 5, 2026 - March 13, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
10:30 a.m.			Cultivating A Spirituality of Joy & Beauty Fred/Zoom Call In: +1 312 626 6799 Meeting ID: 819 7036 4684	Staying Spiritually Grounded in Tough Times Fred/Zoom Call-In: +1 312 626 6799 Meeting ID: 819 7036 4684	Peer-Led D.B.T* Emotion Regulation: Mary/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	
			Healing Generational Trauma for Black African Ancestry Women Yolonda (2hrs) Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382			
7:00 p.m.	7 at 7 Daily Peer Support Check-in on Zoom <i>Offered 7 days a week</i> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382					
8:15 p.m.	Music Appreciation in Mental Health: David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	Show & Tell Open Mic: David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	Me & My Family David / Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	Creative Writing: Prompt & Share David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	LGBTQIA+ & Friends: David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	Shifting to Healing Yolonda / Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382