

Recovery Center of Hamilton County

Online Class Schedule | January 15th, 2024 - March 22, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 a.m.	Navigating from Chaos to Healing (2hrs)*: Yolonda/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	Cultivating a Spirituality of Joy and Beauty Fred/Zoom Call-In: +1 301 715 8592 Meeting ID: 525 804 425	How to find your A-Game, Self-Compassion*: Yolonda/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	Staying Spiritually Grounded in Tough Times Fred/Zoom Call-In: +1 301 715 8592 Meeting ID: 525 804 425	Peer-Led D.B.T* Distress Tolerance: Mary/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	
11:45 a.m.			Support for Coping with Loss*: Yolonda & Jeannie Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382		Me & My Family*: Mary/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	
1:30 p.m.			LGBTQ+ & Friends David/Zoom 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 Offered 7 days a week Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382					
8:15 p.m.	Brain Games for Mental Health: David/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	Meditation and Relaxation Education and Practice: David/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	Empowerment Hour with Peers! Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	Recovery Voices Online Digest: David/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	LGBTQ+ & Friends: David/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	Emotions Anonymous, 12 Steps: David/ Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382