Recovery Center of Hamilton County

Online Class Schedule | November 9th, 2026 to January 29th, 2027

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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		
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.	**Music Appreciation in Mental Health**: David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	**Gaming for Mental Health** 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	**Brain Games & Trivia:** Deanna / Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	**Real-World Skills for Recovery:** Deanna / Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382