

# Recovery Center of Hamilton County

## Online Class Schedule | March 23rd 2026 - May 29th 2026

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