



# Recovery Center of Hamilton County

Online Class and Meeting Schedule:

May 2nd, 2022 - July 8th, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15	<b>Morning Meeting</b> Facebook Live	<b>Morning Meeting</b> Facebook Live	<b>Morning Meeting</b> Facebook Live	<b>Morning Meeting</b> Facebook Live	<b>Morning Meeting</b> Facebook Live
10:30	<b>Ask the Dietician</b> Maria/FB Live	<b>Cultivating a Spirituality of Joy &amp; Beauty</b> Fred/Zoom	<b>Financial Education for Persons in Recovery</b> David/Zoom	<b>Exploring Our Spiritual Healing Through Film</b> Fred/ Zoom	<b>Peer-Led D.B.T</b> Mary/Zoom
11:45	<b>Guided Meditations to Calm and Enrich Your Spirit</b> Fred/Zoom	<b>Weight Loss &amp; Management Support Group*</b> Maria/Zoom	<b>Anxiety Support Group &amp; Workshop</b> David/Zoom	<i>Free Recovery Time, No Online Class</i>	<b>Staying Spiritually Grounded in Tough Times</b> Fred/Zoom
					<b>Healthy Cooking</b> Maria/Facebook Live
1:30	<b>Bipolar &amp; Depression Support Group</b> David/ Zoom	<b>Creative Writing*</b> Brian/ Zoom	<b>LGBTQ+ &amp; Friends</b> Andrea/Zoom	<b>Jeopardy</b> Bill/Zoom	<b>Tech Help Desk &amp; Workshops</b> David/Zoom
2:45	<b>Daily Peer Support Group</b> David/Zoom	<b>Daily Peer Support Group</b> David/Zoom	<b>Daily Peer Support Group</b> Mary/Zoom	<b>Daily Peer Support Group</b> David/Zoom	<b>Daily Peer Support Group</b> Mary/Zoom
7:00	<b>7 at 7 Daily Peer Support Check-in on Zoom</b> <i>Our 2:45PM &amp; 7:00pm Check-ins are offered 7 days a week</i>				