

Recovery Center of Hamilton County

Online Class Schedule | June 17th, 2024 - August 23rd, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 a.m.	Celebrating Our Spirit as LGBTQIA+ Fred/Zoom Call-In: +1 312 626 6799 Meeting ID: 819 7036 4684		Finding Your A-Game* Yolonda/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382 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	
11:45 a.m.			Grief Support Group*: Yolonda/ Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382		Me & My Family*: Mary & David /Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	
1:30 p.m.			LGBTQIA+ & 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	Meditate and Wind Down: 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	Recovery Voices Online Digest: 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	Emotions Anonymous, 12 Steps: David/ Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382

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