Recovery Center of Hamilton County
Class Descriptions for Winter Session
November 9, 2026 - January 29, 2027

8 Dimensions of Wellness - 8 Dimensions of Wellness is all about Wellness and creating a healthier life. We will learn about topics in Wellness each week through the eyes of the following 8 Dimensions: Physical, Intellectual, Environmental, Emotional, Financial, Social, Spiritual, and Occupational.

Achieving a Balanced Life - Recovery is about more than avoiding setbacks—it's about building a life that feels meaningful, healthy, and manageable. Achieving a Balanced Life is a 10-week peer recovery class that explores what balance can look like in everyday life.Through videos, group discussions, interactive activities, and personal reflection, participants will explore wellness, relationships, boundaries, stress, time management, purpose, recreation, and coping with setbacks. Participants will have opportunities to identify what is working in their lives, what they would like to change, and small steps they can take toward the life they want. This is a peer-centered class. There is no "perfect" version of balance, and participants are encouraged to define what balance means for them. **You can share as much, or as little, as you feel comfortable sharing.**

All Stars: Level Up - A 10-week journey focused on personal growth, confidence, healthy choices, and building a stronger future. Participants will explore real-life challenges, develop practical coping skills, strengthen relationships, set goals, and learn how to move forward through setbacks while continuing to grow in recovery.

Appreciating LGBTQIA2S+ Musicals: A Strange Loop and Fun Home - Ready to have some musical fun? Join Fred for this in-person class as we watch and discuss two contemporary LGBTQIA2S+ musicals: A Strange Loop and Fun Home. A Strange Loop is a musical with book, music, and lyrics by Michael R. Jackson, which won the 2020 Pulitzer Prize for Drama. It premiered on Broadway at the Lyceum Theatre in April 2022 and won Best Musical and Best Book of a Musical at the 75th Tony Awards. This meta-fictional, semi-autobiographical musical by Michael R. Jackson follows a young, queer, Black writer named Usher who works as an usher for the Broadway show The Lion King while struggling to write a musical about his own life. Fun Home is a musical theatre adaptation of Alison Bechdel's 2006 graphic memoir of the same name, with music by Jeanine Tesori, and book and lyrics by Lisa Kron. The story focuses on Bechdel's discovery of her own lesbian sexuality, her relationship with her closeted gay father, and her attempts to unlock the mysteries surrounding his life. It is told in a series of non-linear vignettes connected by narration provided by the adult Alison character. Fun Home opened Off-Broadway at the Public Theater in September 2013 and opened on Broadway at the Circle in the Square Theatre in April 2015. It was nominated for 12 Tony Awards, winning five, including Best Musical, and was a finalist for the 2014 Pulitzer Prize for Drama. Please note that both of these musicals contain mature themes, language and subject matter about sexual orientation, sex and sexuality, the coming out process, dating, family relationships, and mental health issues (including references to suicide). Anyone – whether you consider yourself part of the LGBTQIA2S+ community or an ally – is welcome to attend. These are two AMAZING musicals you don't want to miss experiencing!

Basic Sculpting - Allow participants to create their own art through sculpting clay. Pieces will be fired and then participants will be able to paint their creations and take them home at the end of the class!

Become Your Own Loving Parent: Healing Your Inner Child - In this class we will learn about the critical parent, wounded inner teenager, wounded inner child, and how to heal them by developing your loving parent. We will work with affirmations, loving kindness, creating boundaries and encouraging each other's talents in a supportive community.

Borderline Personality Workbook Pt2 - Join us as we continue to explore The Borderline Personality DisorderWorkbook by Daniel J. Fox, a practical guide focused on understanding BPD patterns, building emotional awareness, strengthening relationships, and developing effective coping skills. Together, we'll work through key topics and activities from the book, share personal insights, and learn from each other's experiences. This is a supportive space to build skills, discover new perspectives, and celebrate progress, one step at a time! Please note that this is a continuation of the previous quarter's class and we will begin where we left off before break week.

Boundaries Workbook -This evidence-based workbook will show you how to set healthy boundaries in all areas of your life without sacrificing your kindness or compassion for others. You'll learn how to define your boundaries and understand why they are so important for your emotional well-being

Chair Boxing – Helps build strength and tone muscle while losing pounds and inches. Participants will learn simple boxing moves such as power punches and combinations followed by a full body cardiovascular workout, all done in a chair!

Chair Exercises for Weight Loss- A gentle, beginner-friendly class focusing on mobility, strength, and relaxation from a sturdy chair. Each participant will receive a companion book with a mood and diet log.

Coming Out of Your Shell - will help students learn skills as well as provide opportunities in the community to put newly learned skills into practice that will allow you to become more comfortable and friendly with people.

Conflict Resolution - This class will be centered on learning to respond rather than react to challenging interactions with others. Members will work on identifying their triggers and conflict styles in order to be able to better manage their own feelings in the face of conflict. Class exercises (i.e. role play, journaling, open discussion, etc) will allow them to practice healthy resolution skills in both their personal and professional lives.

Creating Positive Affirmations - Based on the book Today I Affirm by Elle Alexander we will be creating our own affirmations based on our personal responses to a set of prompts. All affirmations will be recorded and on the last week of classes each person will receive a booklet with all of the affirmations created during the quarter.

Creative Writing for Healing - For writers of all skill levels, this class uses prompts based on resilience, self-discovery, and self-reflection in order to get our feeling down on paper (or up on the computer screen). Explore your thoughts in a supportive, peer-driven environment. Class limit: 15

Depression and Bipolar Support Group- will offer a supportive atmosphere for those living with Depression and/or bipolar disorder. Group members are encouraged to offer support and help facilitate the recovery of their peers through sharing.

Drawing 1.0 - will be a step-by-step drawing class with pencil and paper. We will cover many aspects of creating a drawing such as shading, texture, shadow, lines, and perspective. All levels are welcome to join this class.

Educational Skills: English and Math GED Prep - Covers the principles of English Language Arts including but not limited to: reading, grammar, spelling, and composition following a curriculum designed by the state of Ohio to prepare for General Educational Development Diploma. Covers principles of Mathematics including but not limited to: Arithmetic, Algebra, Geometry, and trigonometry following a curriculum designed by the state of Ohio to prepare for General Educational Development Diploma. Both topics will be addressed during the quarter.

Eliminate Negative Self-Talk - I can't do this! I'm not as smart as they are. I'll never find happiness. I am unloved. Do you have these or similar thoughts? You may struggle with negative self-talk. Even worse, you may not even realize that you wrestle with thoughts that are not true, not helpful, and not kind. This class, based on Cynthia Kane's Talk To Yourself Like A Buddhist, will teach you mindful practices that minimize the negative chatter in our minds and release all of that negative nonsense we've lived with all our lives

Exploring LGBTQIA2S+ TV: "Pose" - Join Fred for this in-person class as we continue to watch and discuss the TV series Pose, an American drama television series about New York City ball culture, an LGBTQ subculture in the African-American and Latino communities, throughout the 1980s and 1990s. Featured characters are dancers and models, who compete for trophies and recognition in this underground culture and who support one another in a network of chosen families known as "houses." Pose takes place from 1987–1998 and looks at the juxtaposition of several segments of life and society in New York City at the African-American and Latino ball culture world, the downtown social and literary scene, the rise of the yuppie milieu, and HIV.
Pose spotlights the legends, icons, and ferocious "house mothers" of New York underground ball culture. After receiving life-altering news and losing her first real home, Blanca starts her own self-selected family that provides support to LGBTQ youth rejected by their birth families. Making television history, Pose features the largest cast of transgender actors in series regular roles, as well as the largest recurring cast of LGBTQ actors ever for a scripted series.
To live into our authentic selves as LGBTQIA2S+ people, it's not only helpful but also essential to see "people just like us" depicted in the world – through different time periods in history as well as the present day. Watching and discussing LGBTQIA2S+ television together in community can engage us in both inspiring and life-giving stories of others as they come to understand who they are and how to truly be themselves – which in turn can help us to do the same. Everyone (those who identify as LGBTQIA2S+ as well as allies) is welcome to attend this class!

Finding Your Fun Again: How do we learn how to have fun while also managing our mental health recovery? Join Amanda for Finding Your Fun Again where together we will discover enjoyable activities that support grounding, connection, positive emotion, and nervous-system regulation. We will find what fun means to us!

Fiber Arts- Learn to Crochet! - We will learn the stitches that are used in any Crochet pattern as well as creating slip knots and starting chains, fastening and binding pieces together. By the end of the term, we will learn how to read project instructions and we will learn how to create Granny Squares! Please keep in mind that crocheting does require fine motor skills to grip and maneuver the hook.through knots.Tools and yarn will be available, but feel free to bring you own tools if you have them!

Gaming for Mental Health – No need for a game console. We will be playing games designed to encourage group communication, while practicing active listening skills. We want to build confidence for social situations and challenge social anxieties. Members will gain strength with practice and carry these skills beyond the classroom.

Guitar & Songwriting 101- Guitar & Songwriting 101 will offer peers an opportunity to learn and practice the fundamentals of guitar as well as explore the craft of songwriting more generally. Any peer interested in learning how to play guitar and/or how to write a song is encouraged to apply. Peers are welcomed to bring any instruments of their choosing, but none are required. Guitars are available at the center for peers to use during class. The class will be facilitated by peers Justin and Donnie, and it will be held each Friday from 1:30pm-3:00pm.

Healing Through Art - Working with various materials, projects will be presented to inspire your creative side. This class isn't so much geared for the technical aspects of art as much as it is enjoying the process and creating your work. Each project has a recovery twist. The projects can be one week or several weeks long. There is always music playing in the background to help encourage the creative process. *This is a 2-hour class.*

Interpersonal Skills - This class centers on the "soft" skills of active listening, empathy, and emotional intelligence. Members will improve their communication skills, role play through interpersonal interactions, and develop the skills for open communication, boundary setting, and emotional regulation. The facilitator will provide a safe space for exploring hard questions about the difficulties we experience during socializing/relationship building and encourage honest self reflection that allows members to feel more confident in both current connections and ones they may seek in the future.

Intro to Computers - is a class for computer beginners. You'll learn how to navigate the computer's file system, set up the computer for your own needs, and perform basic functions, and surf the internet. Issues related to phones may be covered as time allows.

Intro to Social Media - you'll learn about the basic functionality of websites like Facebook, X(formerly Twitter) and Youtube. You'll also learn about your digital footprint and some basic cyber security to help you make safe and wise choices and prevent being fooled by AI when using Social Media.

LGBTQIA2S+ Community and Friends -LGBTQIA2S+ Community and Friends is a support group for anyone who identifies as LGBTQIA+ or as a friend or ally to the LGBTQIA2S+ community. This support group is a safe, confidential, and judgment-free gathering for us to learn from and provide support for one another. Everyone is welcome to attend – whether you are a part of the LGBTQIA2S+ community or not or in the process of questioning your own identity. Members are especially encouraged to attend if you want to learn how to best support an LGBTQIA2S+ friend or family member. Group discussions are respectful of everyone's personal privacy and are open to diverse opinions and sincere questions. You are invited to share as much or as little as you like – or just come to listen and learn. Join Fred for this in-person class as we share and discuss our life experiences and explore music, meditations, and poetry together to deepen our understanding and appreciation of the LGBTQIA2S+ experience.

Mastering Your Finances - In this class we will cover debits, credits, financial goal planning, budget spreadsheet setup, and how to manage them effectively with the discipline necessary. Handouts will be used to assist in the experience.

Meditation - In this class we will come together each week to find calm, focus on self-love, discover new relaxation techniques, and work on limiting our often negative and excessive thought patterns. Let's enjoy this hour of calm together.

Men's Recovery Group - Come together and share experiences and support each in various aspects of life. We will focus on safe personal development and mental health. It is a safe and structured environment where men can openly discuss challenges and seek advice.

Microsoft Word - Word is a program you can use to make documents including but not limited to flyers, resumes, letters, stories and lists. In this class you'll learn how to format text, Save and load documents, use spell-check to catch errors in your documents, change between documents, and add pictures.

Mindful Self Compassion - Are you a lot kinder to others than you are to yourself? Do you struggle with accepting and supporting yourself? Could you use more self-compassion? If so, this class is for you. We will utilize a guided workbook based on a Mindful Self-Compassion (MSC) program to help you uncover this inner resource and transform your relationship with yourself and others. It is not required that you participated in part 1.

OCD/Anxiety Support Group - A peer support group where we come together to support each other as we struggle with how anxiety and/or OCD affects our life.

Open Art - is a time to work on various art projects that will be presented throughout the term. Students will also have the opportunity to choose their own mediums to create art.This is a *2-hour class.*

Peer Led DBT Skills – Emotion Regulation* - The goals of Mindfulness practice are to reduce suffering and increase happiness, Increase Control of Your Mind and Experience Reality as it is. The goal of Emotion Regulation is to focus on recognizing, understanding and managing emotions to improve mental health, reduce distress, and foster better relationships. *This is a hybrid class.

Pilates - An exercise class consisting of movements derived from yoga, ballet, calisthenics, and classical stretch aimed to strengthen the core, increase flexibility, and improve breathing.

Photography for Everyone - Use your cell phone camera. Learn techniques - lighting, composition, portraiture... Learn to be in the moment and see how taking pictures can help you with self esteem. Share your pictures with others in the class. Select photos you want to print and take them home.

Pickle Pong- Come, learn how to play with us and take this skill with you into your community where you can play recreationally or even join a team! Playing Ping Pong and Pickle Ball is a wonderful way to make friends and build your network!

PTSD Workbook - We will learn from the book *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms* by Mary Beth Williams, PhD, LCSW, CTS, and Soili Poijula, PhD. Some of the subjects we will cover include an introduction to trauma, stress, trauma and the body, and several other related topics. There will be reading and writing involved, but hopefully, we will learn together and gain a better understanding of PTSD

Recovery Rocks Walk – Enjoy the fresh morning air, make some new friends.We will get a welcome walk for our health, this is one of the best ways to exercise while enjoying ourselves.

Releasing the Creative Writer Within- This writing group is for anyone wishing to express themselves more creatively. We will use writing exercises and creative writing prompts to help us share thoughts and ideas with our fellow peers in a supportive environment. For writers of any skill level. *Class limit: 15*

Remo Health Rhythms Drum Circle - The HealthRhythms drum circle, a program provided by Cincinnati Music & Wellness Coalition, is an hour of connection where we follow a 10-step protocol backed by science and evidence-based studies. These studies have shown that drum circles improve mood, reduce stress and depression, & improve the holistic health of the mind, body, & spirit. This is not a music class; it's a Connection Collection. No prior drumming experience needed 🙂

Signing for Recovery - is an American Sign Language class for those who would like to learn to sign.

Singing Sessions (Peer-Led Voice Lessons for Beginners) - Find your voice and have fun along the way! In this peer-led group, we'll explore the basics of singing, including breathing, vocal warm-ups, an introduction to Music Theory , and building confidence. We will cover some elements of piano as well but our focus is on the voice - this is a basic, beginner-level class focused on FUN over perfection 😄 So if you like to sing & would love to strengthen your skills, come sing with us as we learn, practice, and encourage each other in a supportive and judgment-free environment! *We will be learning through the use of Youtube University (what I call instructional videos on Youtube lol) & karaoke tracks.

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Sports Shorts and More - is a weekly sports talk show that includes a live audience. This is an interactive class that all sports fans and those interested in sports will enjoy. We'll talk about the week's games, the Bengals, the Reds and local college sports. We'll also have weekly trivia and some lighter topics to have fun with.

Step & Dance Aerobics - Join Sheila for an absolute beginners Step & Dance Aerobics workout program. This class is designed to help the exerciser that is just starting out. Between Latin dance moves and a special Step Segment, who says fitness and fun can't go together? *Special seated accommodations will be made for those who need it.

Still Life Drawing - Observational drawing is where artists learn how to see and think perceptually and draw from life. For this class we will be using charcoal on paper using vine, compressed, pencil, and eraser. We will also be experimenting with contour drawing and student expression.

Taekwondo - This class is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind

True Defense - This class will train the mind, body, spirit and emotions through the training of personal defense skills. Students will get in better physical shape, develop a stronger motivation and spirit to live out their life purpose, have better mental focus and awareness, and have lots of fun! Students may wear sweatpants and t-shirts with gym shoes. If you have a TKD uniform, you may wear the pants and a t-shirt.

Watercolor - will cover the basics of watercolor painting. We will cover things such as how to use water and paint to create objects on paper and how to use the color wheel to create desired effects. All levels are welcome to join this class. *This is a 2-hour class.*

We Do Recover! - This class will focus on real-life challenges in recovery, including relationships, stress, triggers, confidence, setbacks, and personal growth. We'll share experiences, build practical coping skills, support one another, and learn how to keep moving forward in recovery.

Weight and ResistanceTraining will help the beginner experience a total body workout through the use of aerobic exercise and/or machines, free weights, power tubes, and stationary bikes.

Wellness Recovery Action Plan (WRAP) - In this class we will learn about how to create a Wellness Recovery Action Plan. We will cover the key concepts of hope, personal responsibility, education, self-advocacy and support. We will work together to form individual wellness toolboxes, make daily plans, identify stressors, discuss early warning signs, explore signs that things are getting much worse or breaking down, create crisis plans, and develop post crisis plans.

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Whole Mind and Body Recovery -for members with co-occurring disorders. True healing requires looking at the whole picture. This 10-week, evidence-based recovery class is designed specifically for individuals navigating the intersection of substance use (SUD), alcohol use (AUD), and mental health challenges (MH). Over 10 structured weeks, we explore how mind and habit interact. Participants will gain practical tools to manage symptoms, break cycles of dependence, and build a sustainable, balanced lifestyle.

Yoga - is a dynamic, physically demanding practice that synchronizes breath and movement to produce an internal heat designed to purify the body. Yoga, with its many postures, is great for building core strength and toning the body.

You're Strong, You're Smart, You Got This 2 - In the book, You're Strong, Smart and You Got This by Kate Allan, cute animals, whimsical art, and positive affirmations encourage you while coping with stress, anxiety, depression, and low self-esteem. We will learn tips for dealing with hardships and difficult feelings. We will also practice exercises from the journal, It's Your Weirdness That Makes You Wonderful by Kate Allan, in order to help build confidence and resilience. There is no need to have taken the first class.