



Recovery Center of Hamilton County

Online Class and Meeting Schedule:
November 29th, 2021 - February 4th, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15	Morning Check In Facebook Live	Morning Check In Facebook Live	Morning Check In Facebook Live	Morning Check In Facebook Live	Morning Check In Facebook Live
10:30	Ask the Dietician Maria/FB Live	Tame Your Dragons: Your Brain is Always Listening* Maria/Zoom	Anxiety Support Group & Workshop David/Zoom	<i>Free Recovery Time, No Online Class</i>	DBT: Interpersonal Effectiveness* Mary/Zoom
11:45	Guided Meditations to Calm and Enrich Your Spirit Fred/Zoom	Weight Loss & Management Support Group* Maria/Zoom	<i>Free Recovery Time, No Online Classes</i>	Exploring Our Spiritual Healing Through Film Fred/ Zoom	Staying Spiritually Grounded in Tough Times Fred/Zoom
					Healthy Cooking Maria/Facebook Live
1:30	Bipolar & Depression Support Group David/ Zoom	Creative Writing* Brian/Zoom	LGBTQ & Friends David/Zoom	Jeopardy Bill/Zoom	Tech Help Desk & Workshops David/Zoom
2:45	Daily Peer Support Group David/Zoom	Daily Peer Support Group David/Zoom	Daily Peer Support Group Mary/Zoom	Daily Peer Support Group David/Zoom	Daily Peer Support Group Mary/Zoom
7:00	7 at 7 Daily Peer Support Check-in on Zoom				