

# Recovery Center of Hamilton County

## Online Class Schedule | August 14th, 2023 - October 20th, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 a.m.			<b>Cultivating a Spirituality of Joy &amp; Beauty:</b> Fred/Zoom Call-In: +1 301 715 8592 Meeting ID: 525 804 425		<b>Peer-Led D.B.T*</b> <b>Distress Tolerance:</b> Mary/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	
11:45 a.m.					<b>Staying Spiritually Grounded in Tough Times:</b> Fred/Zoom Call-In: +1 301 715 8592 Meeting ID: 525 804 425	
1:30 p.m.			<b>LGBTQ+ &amp; Friends</b> <b>Andrea/Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382			
2:45 p.m.	<b>Phone &amp; Computer Help Desk: David/ Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382		<b>Emotions Anonymous, 12 Steps: David/Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382			
7:00 p.m.	<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					
8:15 p.m.	<b>WHAM Goal Setting: David/Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	<b>Assertiveness: David/Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	<b>Empowerment Hour with Peers! / Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	<b>Recovery Voices Online Digest: David/Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	<b>LGBTQ+ &amp; Friends: David/Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	<b>Emotions Anonymous, 12 Steps: David/ Zoom</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382