



Recovery Center of Hamilton County

Online Class and Meeting Schedule:

July 18th 2022 - September 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15	Morning Meeting on Facebook Live <i>Offered Mon-Fri</i>				
10:30	Ask the Dietician Maria/FB Live	Cultivating a Spirituality of Joy & Beauty Fred/Zoom	Assertiveness David/Zoom	Exploring Our Spiritual Healing Through Film Fred/ Zoom	Peer-Led D.B.T* Mary/Zoom
11:45	Guided Meditations to Calm and Enrich Your Spirit Fred/Zoom	Weight Loss & Management Support Group* Maria/Zoom	Anxiety Support Group & Workshop David/Zoom	Tech Help Desk & Workshops David/Zoom	Staying Spiritually Grounded in Tough Times Fred/Zoom
					Healthy Cooking Maria/Facebook Live
1:30	Bipolar & Depression Support Group David/ Zoom	Sleep Education & Support Group Julie / Zoom	LGBTQ+ & Friends Andrea/Zoom	Jeopardy Bill/Zoom	Expanding Your Spiritual Practices & Rituals Fred/Zoom
2:45	Daily Peer Support Check-in on Zoom <i>Offered 7 days a week</i>				
7:00	7 at 7 Daily Peer Support Check-in on Zoom <i>Offered 7 days a week</i>				

Coming Soon: Financial Education for Persons in Recovery will be a new video series offered on Facebook!