

Recovery Center of Hamilton County In-Person Schedule

November 18, 2024 - January 31, 2025



AR = Angela's Room, OR = Overflow Room, MPR = Multipurpose Room, Art = Art Room, PC Lab = Computer Lab. Cont = Continuation of the 2 hour class.

	Monday	Tuesday	Wednesday	Thursday	Friday	
10:30	Weight Training Johnny (GYM)	Mind to Muscle Johnny (GYM)	Chair Boxing Inger (MPR)	Yoga Isabelle (MPR)	Recovery: Team Walk Johnny	
	Creating A Journal with Art (2hr) Mary & Jeannie (OR)	LGBTQIA+ & Allies: We're Here & Standing Strong Together-Fred(AR)	Abstract Art Therapy Kaitlyn (OR)	Grief Support Group Jeannie (AR)	Peer Led DBT- Emotion Regulation (hybrid) -Mary (OR)	
	Mindful Self-Compassion Ana (AR)	Healing thru Art (2hr.) Christine/Deanna/Pam (OR)	Dealing with Anxiety Mary (AR)	Signing For Recovery Regina & Michael (OR)	Mind, Body, Soul Yoga Project Yoga (MPR)	
	You're Strong, You're Smart, and You Got This! - Christine (MPR)			Conversational AI Daniel (PC Lab)	Electronic Art {2hr) Troy (PC LAB)	
11:45	Creating A Journal with Art (cont) Mary & Jeannie (OR)	How to Sell Your Merchandise Online\Chris F. (PC Lab)	Basic Sculpting Jerry & Marlene (MPR)	Gaming for Mental Health Julie/Paula (AR)	Journey to Recovery Emily (AR)	
	Tai Chi Kristin D. (MPR)	OCD/Anxiety Support Group Julie (AR)	8 Dimensions of Wellness Christine (AR)	Drawing 1.0 Jerry (OR)	Electronic Art (cont) Troy (PC LAB)	
	Basic Computer Greg (PCLab)	Basic Sculpting Jerry & Marlene (MPR)	Psychosis Survivors Group Kaitlyn (OR)	Gentle Chair Yoga Isabelle (MPR)	Coming Out of Your Shell Regina & Melanie (MPR)	
	Gaming for Mental Health Christine / Paula (AR)	LGBTQIA+ Community & Friends Fred (Art)			Poetry For Purpose Kaitlyn (OR)	
12:45	L U N C H					
1:30	Recovery Support Group (2hr.) Ana (AR)	Healing Through Creative Writing Brian (AR)	Taekwondo - Rick (MPR)	Bi-Polar Depression Support Group Andrea (AR)	More Sports, Shorts & More Bill (AR)	
	Sports, Shorts & More Bill (OR)	Self Defense Master K (MPR)	Pickleball / Table Tennis Bill (Outside/GYM)	Laughter Yoga Isabelle (MPR)	Guitar 101 (2hr) Mike J (MPR)	
	Microsoft Office vs Google Docs Greg F (PC LAB)	For the Love of Pets (hybrid) Ana & Greg K (OR)	Veteran Support Group-James (AR)	Throwing on the Pottery Wheel 101 -Josiah (Art)	Open Art (2hr) Marlene (OR)	
				WaterColor (2hr) - Jerry (OR)		
2:45	All About Boundaries- Amanda (MPR)	Stop Procrastinating - Brian (AR)		Attitudes of Gratitude - Brian (AR)		

Name: _____ Phone: _____

Staff Initials _____ Date _____

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