

Recovery Center of Hamilton County In-Person Schedule

April 1st, 2024 through June 7th, 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
10:30	Weight Training Johnny/Exercise Room	Basic Sculpting Jerry / Multipurpose Room	Chair Boxing & Chair Salsa Inger/Multipurpose Room	Yoga Isabelle/Multipurpose Room	Recovery: Team Walk Johnny
	Making a Journal with Art (2 hr.) Jeannie & Mary / Overflow Room	Healing thru Art (2hr.) Christine/Deanna/Pam Overflow Room	Writing Thru Recovery Kaitlyn/Overflow Room	Grief Support Jeannie/ Angela's Room	Peer Led DBT/Emotion Regulation (hybrid) Mary/ Overflow Room
	Word and Excel Greg/ Computer Lab		Learning About Forgiveness Bev / Computer Lab	Signing For Recovery Regina & Michael / Overflow Room	Coping with Loneliness 2 Jeannie / Angela's Room
	You Can Do All Things Christine & Ally / Angela's Room	Emotional First Aid Ana / Angela's Room	Finding Your A-Game(hybrid) Yolonda / Angela's Room		
11:45	Keyboarding Greg/Computer Lab	G.I.M.P. Chris F. / Computer Lab		Gaming for Mental Health Julie/Paula / Angela's Room	Journey to Recovery Emily / Angela's Room
	Meditation Ana / Angela's Room	Don't Sweat the Small Stuff Johnny / Angela's Room	Grief Support Group(hybrid) Yolonda / Angela's Room	Drawing 1.0 Jerry / Overflow Room	Me and My Family (hybrid) Mary & David / Overflow Room
	What About the Big Stuff Johnny/ Multipurpose Room	Basic Sculpting Jerry / Multipurpose Room	Abstract Art Therapy Kaitlyn / Overflow Room	Learning to Navigate a Computer David & Mary / Computer Lab	Coming Out of Your Shell Regina/Multipurpose Room
	First We Make the Beast Beautiful Christine & Ally / Overflow Room			Gentle Chair Yoga Isabelle/ Multipurpose Room	
12:45	L U N C H				
1:30	Sports, Shorts & More Bill & Jonathan / Overflow Room	Introduction to Personal Growth Marquita / Angela's Room	Taekwondo Rick/ Multipurpose Room	Bi-Polar Depression Support Group Andrea/Angela's Room	Improv Valentine / Multipurpose Room
	Emotions Anonymous Ana/ Angela's Room	Self- Defense Master K / Multipurpose Room	Watercolor (2hr.) Jerry / Overflow Room	Art with A Twist Laura / Overflow Room	Guitar 101 (2hr.) Mike J / Angela's Room
	Coping Skills Greg / Multipurpose Room	Healing Thru Creative Writing Brian / Overflow Room		All About Health & Wellness Students / Multipurpose Room	
2:45	Eliminate Negative Self-Talk Brian / Overflow Room	Learning to Tell Your Story Brian / Angela's Room	Spanish Fun 101 Julie / Multipurpose Room	Stop Procrastinating Brian / Overflow Room	Open Art (2hr) Marlene / Overflow Room

Name _____

Phone # _____

Staff Initials _____

