

April 2024

**A Journey and a Destination.
Recovery Happens Here!**



SUN MON TUES WED THURS FRI SAT

<p>APRIL SHOWERS BRING MAY FLOWERS</p>	<p>1 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p> <p>HAPPY APRIL FOOLS DAY</p>	<p>2 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>3 10:00 Wellness Tips 2:00 Recovery Goals 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p>4 10:00 Coping With Stress 12:00 AGB/COC Review - West 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p>5 10:00 PEERspirit 2:00 Bipolar Support 3:00 PEERcafe: Super Surprise! 4:00 Dual Diagnosis 7:00 Recovery Tools</p>	<p>6 Laylat al Qadr 10:00 Recovery Lifestyle 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support</p>
<p>7 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction</p>	<p>8 Total Solar Eclipse 10:00 Coping Skills 11:00 Bowling Outing 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p>9 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>10 Eid al-Fitr 10:00 Wellness Tips 2:00 All Associate Round Table & Birthday Bash 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p>11 10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p>12 10:00 Cultural Diversity 2:00 Bipolar Support 3:00 PEERcafe: Super Surprise! 4:00 Dual Diagnosis 7:00 Recovery Tools</p>	<p>13 10:00 Recovery Lifestyle 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support</p>
<p>14 11:00 Growing in Wellness 1:00 The S.O.A.R. Foundation Sponsored Meal 7:00 Coping With Addiction</p>	<p>15 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p>16 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>17 10:00 Wellness Tips 2:00 Recovery Goals 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p>18 10:00 Coping With Stress 12:00 AGB/COC Review - West 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p>19 10:00 PEERspirit 2:00 Bipolar Support 3:00 PEERcafe: Super Surprise! 4:00 Dual Diagnosis 7:00 Recovery Tools</p>	<p>20 OPEN at 11:00am for Staff Development & Training 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support</p>
<p>21 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Chicken Dinner 7:00 Coping With Addiction</p>	<p>22 Earth Day 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p>23 Passover Starts 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>24 10:00 Wellness Tips 2:00 Recovery Goals 4:00 Self-Care 7:00 Alcohol / Other Drug Recovery</p>	<p>25 10:00 Coping With Stress 3:00 Community Takeaway Meal 4:00 Resource Sharing 7:00 Handling Conflict</p>	<p>26 10:00 Cultural Diversity 2:00 Bipolar Support 3:00 PEERcafe: Super Surprise! 4:00 Dual Diagnosis 7:00 Recovery Tools</p>	<p>27 10:00 Recovery Lifestyle 3:00 PEERcafe: Buckeye Bash! 4:00 Anxiety Support 7:00 Depression Support</p>
<p>28 11:00 Growing in Wellness 1:00 Recovery in Community 3:00 PEERcafe: Pizza Party 7:00 Coping With Addiction</p>	<p>29 10:00 Coping Skills 2:00 Life Skills 4:00 Communication Skills 7:00 Emotions Group</p>	<p>30 Passover Ends 10:00 Women Rise 2:00 Man to Man 4:00 Job Skills 7:00 Relapse Prevention</p>	<p>National Minority Health Awareness Month</p>			<p>TPC Virtual: - Many Pathways - Online Group 1st Thursdays Monthly at 7:00pm Registration Link: https://tinyurl.com/yck7p2xn</p>

~EAST~
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