

Recovery Resource Center Schedule • AUGUST 2012

****Information: call 216-739-7000 x1231 • Parma Clinic – 1st Floor – Room 1229A/B • Hours: M-F 9a - 3p****

Monday	Tuesday	Wednesday	Thursday	Friday
<p>***We will likely be moving to the Cleveland Site in October, so please come to the Community Meeting on August 1st to hear more about our move.***</p>	<p>(CG) = Closed group, ask your coach if you are interested in attending one of those groups.</p> <p>PICNIC is August 23rd. Please sign up so you can join us for food and fun!!!!</p>	<p>1 9-10a Nutrition (2117)</p> <p>10:30a COMMUNITY MEETING (Rm 2117) <u>Important Updates, Picnic Plans, Food & Drinks in 1229A/B!</u></p>	<p>2 10-11a Mindfulness 101 (2117)</p> <p>11a-12p Mind Over Mood: Anger Management & Self Esteem (2117)</p>	<p>3 10-11:30a Therapeutic Theatre (2117)</p> <p>11:30a <u>Peer Council</u> (2117)</p>
<p>6 10-11a ESS (CG, 2117)</p> <p>11a-12p Peer Group (2117)</p>	<p>7 10-11a Cognitive Skills [OT Group] (2117)</p> <p>11a-12:30p **Imagination Arts** (1229A/B)</p> <p>1-2:30pm Individual Recovery Planning (as scheduled, 2117)</p>	<p>8 *OPEN HOUSE*</p> <p>10-11a Recovery 101 (2117)</p> <p>11a-12p Life Skills (2117) *****</p> <p>1-2:30p ALUMNI GROUP (2117)</p>	<p>9 10-11a Mindfulness 101 (2117)</p> <p>11a-12p Mind Over Mood: Anger Management & Self Esteem (2117)</p>	<p>10 10-11:30a Therapeutic Theatre (2117)</p> <p>11a-12p Orientation (1229A/B)</p> <p>11:30a <u>Peer Council</u> (2117)</p>
<p>13 10-11a ESS (CG, 2117)</p> <p>11a-12p Peer Group (2117)</p>	<p>14 10-11a Cognitive Skills [OT Group] (2117)</p> <p>11a-12p Person to Person (CG, 2117)</p> <p>1-2:30pm Individual Recovery Planning (as scheduled, 2117)</p>	<p>15 9-10a Nutrition (2117)</p> <p>10-11a Recovery 101 (2117)</p> <p>11a-12p Life Skills (2117)</p>	<p>16 10-11a Mindfulness 101 (2117)</p> <p>11a-12p Mind Over Mood: Anger Management & Self Esteem (2117)</p>	<p>17 10-11:30a Therapeutic Theatre (2117)</p> <p>11a-12p Orientation (1229A/B)</p> <p>11:30a <u>Peer Council & Final Picnic Planning</u> (2117)</p>
<p>20 10-11a ESS (CG, 2117)</p> <p>11a-12p Peer Group (2117)</p>	<p>21 10-11a Cognitive Skills [OT Group] (2117)</p> <p>11a-12p Person to Person (CG, 2117)</p> <p>1-2:30pm Individual Recovery Planning (as scheduled, 2117)</p>	<p>22 10-11a Recovery 101 (2117)</p> <p>11a-12p Life Skills (2117)</p>	<p>23 RRC Picnic</p> <p>*****</p> <p>Check in the Center for Updates on Time and Location of the Picnic!</p> <p>*****</p>	<p>24 10-11:30a Therapeutic Theatre (2117)</p> <p>11a-12p Orientation (1229A/B)</p> <p>11:30a <u>Peer Council</u> (1229 A/B)</p>
<p>27 10-11a ESS (CG, 2117)</p> <p>11a-12p Peer Group (2117)</p>	<p>28 10-11a Cognitive Skills [OT Group] (2117)</p> <p>11a-12p Person to Person (CG, 2117)</p> <p>1-2:30pm Individual Recovery Planning (as scheduled, 2117)</p>	<p>29 10-11a Recovery 101 (2117)</p> <p>11a-12p Life Skills (2117)</p>	<p>30 10-11a Mindfulness 101 (2117)</p> <p>11a-12p Mind Over Mood: Anger Management & Self Esteem (2117)</p>	<p>31 10-11:30a Therapeutic Theatre (2117)</p> <p>11:30a <u>Peer Council</u> (1229A/B)</p>

(3RD Quarter – JULY through SEPTEMBER 2012)