

Recovery Resource Center (PRRC) Schedule • JULY 2013

****Information: call 216-391-0264 x7772 • 7000 Euclid Ave., Suite 202, 2nd Floor • Hours: M-F 9a - 3p****

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 *Open @ 11a Today*</p> <p>11a-12p Stress & Relaxation (Library)</p>	<p>2 12p COMMUNITY MEETING @ MLK Library – 1962 Stokes Blvd (right off the Healthline @ 107th & Stokes Blvd if on RTA)</p> <p>Join us for food, good company and important Picnic updates!</p>	<p>3 10-11a Health & Wellness (Library) 11a-12p Mind Over Mood (Library) 12N Peer Council (Cafe)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>4 Holiday Center Closed</p>  <p>HAPPY 4th OF JULY!!</p>	<p>5 10-11a Ending Self Stigma – Intro Session (Library) 11a-12p HOPE – for newer members only (Library)</p> <p><u>No Experiences with Horses Today</u></p>
<p>8 10-11a Creating Health Attitudes Towards Sobriety – CHATS (Library) 11a-12p Stress & Relaxation (Library) 11a-12p Cognitive Enhancement Therapy (CET)</p>	<p>9 Closing @ 11a Today</p> <p>10-11a Cognitive Skills [OT Group] (Library) 11A Groups Cancelled - Staff Meting</p>	<p>10 10-11a Nutrition (Library) 11a-12p Mind Over Mood (Library) 1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>11 10a-11a Recovery Skills for Managing Addictions (Library) 11a -12p Mindfulness 101 (Library) 12p – Indians Game (for those who signed up)</p>	<p>12 10-11a Ending Self Stigma – 1st Open Class (Library) 11a-12p HOPE – for newer members only (Library) 11a-12p Orientation 12:30-3pm Experiences w/ Horses @ Fieldstone</p>
<p>15 10-11a CHATS (Library) 11a-12p Stress & Relaxation (Library) 11a-12p Cognitive Enhancement Therapy (CET)</p>	<p>16 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Relationship Skills (Library) 11a-12p Person to Person (CG, Group Room)</p>	<p>17 10-11a Health & Wellness (Library) 11a-12p Mind Over Mood (Library) 12N Peer Council (Cafe) 1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>18 10a-11a Recovery Skills for Managing Addictions (Library) 11a -12p Mindfulness 101 (Library)</p>	<p>19 10-11a Ending Self Stigma – Last Open Session (Library) 11a-12p HOPE – for newer members only (Library) 12:30-3pm Experiences w/ Horses @ Fieldstone</p>
<p>22 10-11a CHATS (Library) 11a-12p Stress & Relaxation (Library) 11a-12p Cognitive Enhancement Therapy (CET)</p>	<p>23 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Relationship Skills (Library) 11a-12p Person to Person (CG, Group Room)</p>	<p>24 10-11a Nutrition (Library) 11a-12p Mind Over Mood (Library) 1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>25 10a-11a Recovery Skills for Managing Addictions (Library) 11a -12p Mindfulness 101 (Library) 1-2:30p Family & Supporter Workshop</p>	<p>26 10-11a Ending Self Stigma (CG, Library) 11a-12p HOPE – for newer members only (Library) 11a-12p Orientation 12:30-3pm Experiences w/ Horses @ Fieldstone</p>
<p>29 10-11a CHATS (Library) 11a-12p Stress & Relaxation (Library) 11a-12p Cognitive Enhancement Therapy (CET)</p>	<p>30 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Relationship Skills (Library) 11a-12p Person to Person (CG, Group Room)</p>	<p>31 10-11a Health & Wellness (Library) 11a-12p Mind Over Mood (Library) 12N Peer Council (Cafe) 1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>NEW QUARTER has started!</p> <p>New this Month: *Exp. w/ Horses *Stress & Relaxation *CET *Mindfulness 101 *HOPE group – for our newer members</p>	<p>***Workshops*** FAMILY Workshop Begins Thursdays, July 25th 1-2:30p ----- Please place your suggestions or comments in the SUGGESTION BOX in the computer resource area</p>

**** 3rd Quarter – JULY through SEPTEMBER 2013 ** <http://www.cleveland.va.gov/services/PRRC.asp> ****

Recovery Resource Center (PRRC) Workshops & Special Events

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JULY 2013

July 1 – **NOT OPEN UNTIL** 11a

July 2 – Community Meeting @ MLK Library, 12:30p – No group programming

July 4 – **Center Closed**, Holiday, HAPPY 4th of July!

July 9 – Closed at 11a – Staff meeting (We will have Cognitive Skills @ 10a)

July 11 – **Indians Game, 12N** (for those who signed up and purchased tickets)

July 25 – ***Family & Supporters Workshop*** Begins – Thursdays, 1-2:30p

AUGUST 2013

August 1, 8, 15, 22, 29 [Thursdays] – **Family & Supporters Workshop**, 1-2:30p

August 15 – Open House for Supporters/Family, 10a – 1p

August 19 – Full Cognitive Enhancement Therapy (CET) group begins (11-2p)

August 30 – **Summer Picnic** @ Euclid Creek Reservation

SEPTEMBER 2013

September 2 – **Center Closed**, Holiday, HAPPY LABOR DAY!

September 6 – Center Closed, Staff Training

September 10 – New **Experiences with Horses** begins, 11a-2p, Transportation provided

****SUMMER PICNIC planning has begun****

Date has been CHANGED -> **Friday, August 30th** @ Euclid Creek Reservation, Time To Be Determined – sign up today, attend peer council on alternating Wednesdays for more details/planning.

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