

Recovery Resource Center (PRRC) Schedule • AUGUST 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>Family and Supporter Open House on Thurs. Aug. 15th from 10a-1p</p> <p>*****</p> <p>Summer Picnic is on Friday, August 30th at 11:30a!!!</p>	<p>COMMUNITY MEETING is 8/5/13, 12P @ PRRC</p> <p>Join us for food, good company and important final picnic planning!</p>	<p>We will be having a NAMI Peer 2 Peer group at the PRRC starting on Mondays in September – Flyers and more info to follow!</p>	<p>1 10a-11a Recovery Skills for Managing Addictions (Library)</p> <p>11a -12p Mindfulness 101 (Library)</p> <p>1-2:30p Family &Supporter Workshop</p>	<p>2 10-11a Ending Self Stigma (CG, Library)</p> <p>11a-12p HOPE – for newer members only (Library)</p> <p>12:30-3pm Experiences w/ Horses @ Fieldstone</p>
<p>5 10-11a Creating Health Attitudes Towards Sobriety – CHATS (Library) 11a-12p Stress & Relaxation (Library) 11a-12p CET</p> <p>12p Community Meeting @ PRRC</p>	<p>6 10-11a Cognitive Skills [OT Group] (Library)</p> <p>**No 11A Groups**</p>	<p>7 10-11a Nutrition (Library)</p> <p>11a-12p Mind Over Mood (Library)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>8 10a-11a Recovery Skills for Managing Addictions (Library)</p> <p>11a -12p Mindfulness 101 (Library)</p> <p>1-2:30p Family &Supporter Workshop</p>	<p>9 10-11a Ending Self Stigma (CG, Library) 11a-12p HOPE – for newer members only (Library) 11a-12p Orientation</p> <p>12:30-3pm Experiences w/ Horses @ Fieldstone</p>
<p>12 10-11a CHATS (Library)</p> <p>11a-12p Stress & Relaxation (Library)</p> <p>11a-12p Cognitive Enhancement Therapy (CET)</p>	<p>13 10-11a Cognitive Skills [OT Group] (Library)</p> <p>11a-12p Relationship Skills (Library) 11a-12p Person to Person (CG, Group Room)</p>	<p>14 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>15 OPEN HOUSE 10a-11a Recovery Skills for Managing Addictions (Library) 11a -12p Mindfulness 101 (Library)</p> <p>1-2:30p Family &Supporter Workshop</p>	<p>16 10-11a Ending Self Stigma (CG, Library)</p> <p>11a-12p HOPE – for newer members only (Library)</p> <p>12:30-3pm Experiences w/ Horses @ Fieldstone</p>
<p>19 10-11a CHATS (Library)</p> <p>11a-12p Stress & Relaxation (Library)</p> <p>11a-2p* Cognitive Enhancement Therapy (CET) (*note new time)</p>	<p>20 10-11a Cognitive Skills [OT Group] (Library)</p> <p>11a-12p Relationship Skills (Library) 11a-12p Person to Person (CG, Group Room)</p>	<p>21 10-11a Nutrition (Library)</p> <p>11a-12p Mind Over Mood (Library)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>22 10a-11a Recovery Skills for Managing Addictions (Library)</p> <p>11a -12p Mindfulness 101 (Library)</p> <p>1-2:30p Family &Supporter Workshop</p>	<p>23 10-11a Ending Self Stigma (CG, Library) 11a-12p HOPE – for newer members only (Library) 11a-12p Orientation</p> <p>12:30-3pm Experiences w/ Horses @ Fieldstone</p>
<p>26 10-11a CHATS (Library)</p> <p>11a-12p Stress & Relaxation (Library)</p> <p>11a-2p* Cognitive Enhancement Therapy (CET) (*note new time)</p>	<p>27 10-11a Cognitive Skills [OT Group] (Library)</p> <p>11a-12p Relationship Skills (Library) 11a-12p Person to Person (CG, Group Room)</p>	<p>28 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>29 10a-11a Recovery Skills for Managing Addictions (Library) 11a -12p Mindfulness 101 (Library) 11a-12p Experiences w/ Horses prep group</p> <p>1-2:30p Family &Supporter Workshop</p>	<p>30 PICNIC Euclid Creek Reservation – Highland Picnic Area 11:30a</p> <p>Highland Road Euclid, Ohio</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 6 – No 11a Groups

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 Reservations Highland Picnic Area, 11:30a-2p

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