

Recovery Resource Center (PRRC) Schedule • OCTOBER 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>Please note NEW groups and NEW days/times for some old groups!</p> <p>CG = Closed group</p> <p>[T] = Group offered by Telehealth – <u>will likely not start until later in the month!</u></p>	<p>1 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room)</p> <p>11a-2p <u>Experiences w/ Horses @ Fieldstone Farm (CG)</u></p>	<p>2 10-11a Health & Wellness (Library)</p> <p>11a-12p Recovery 101 (Library)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>3 10a-11a Recovery Skills - Managing Addictions [T] (Library) 10-11a Creating Health Attitudes Towards Sobriety – CHATS (Group Room)</p> <p>No 11am group today</p>	<p>4 10a-11a Mind Over Mood: DBT Skills [T] (Library)</p> <p>12N Community Meeting @ NAMI Cleveland Offices – 2012 W. 25th St., Suite 600, Cleveland, OH 44113</p>
<p>7 10-11a Ending Self Stigma – Informational Session (Library)</p> <p>11a-2p CET (CG)</p> <p>2:30 <u>NAMI Peer 2 Peer</u> (Library, must be signed up!)</p>	<p>8 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room)</p> <p>11a-2p <u>Experiences w/ Horses @ Fieldstone Farm (CG)</u></p>	<p>9 10-11a Nutrition (Library) 11a-12p Recovery 101 (Library) 12N Peer Council (Cafe)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>10 10a-11a Recovery Skills for Managing Addictions [T] (Library)</p> <p>10-11a CHATS (Group Room)</p> <p>11a -12p <u>Relationship Skills</u> [T] (Library)</p>	<p>11 10-11a Mind Over Mood: DBT Skills [T] (Library)</p> <p>11a-12p Pathways to Recovery [T] (Library)</p> <p>11a-12p Orientation [T]</p>
<p>14 10-11a Ending Self Stigma – Open Session (Library)</p> <p>11a-2p CET (CG)</p> <p>2:30 <u>NAMI Peer 2 Peer</u> (Library, must be signed up!)</p>	<p>15 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room)</p> <p>11a-2p <u>Experiences w/ Horses @ Fieldstone Farm (CG)</u></p>	<p>16 10-11a Health & Wellness (Library)</p> <p>11a-12p Recovery 101 (Library)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>17 10a-11a Recovery Skills for Managing Addictions [T] (Library)</p> <p>10-11a CHATS (Group Room)</p> <p>11a -12p Relationship Skills [T] (Library)</p>	<p>18 10-11a Mind Over Mood: DBT Skills [T] (Library)</p> <p>11a-12p Pathways to Recovery [T] (Library)</p>
<p>21 10-11a Ending Self Stigma – <u>Last Open Session</u> (Library)</p> <p>11a-2p CET (CG)</p> <p>2:30 <u>NAMI Peer 2 Peer</u> (Library, must be signed up!)</p>	<p>22 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room)</p> <p>11a-2p <u>Experiences w/ Horses @ Fieldstone Farm (CG)</u></p>	<p>23 10-11a Nutrition (Library) 11a-12p Recovery 101 (Library) 12N Peer Council (Cafe)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>24 10a-11:30a **Imagination Arts** (Library)</p> <p>11:30a-12:30p Relationship Skills [T] (Library) *note special time*</p>	<p>25 10-11a Mind Over Mood: DBT Skills [T] (Library)</p> <p>11a-12p Pathways to Recovery [T] (Library)</p> <p>11a-12p Orientation [T]</p>
<p>28 10-11a Ending Self Stigma – <u>Closed Group</u> (CG, Library)</p> <p>11a-2p CET (CG)</p> <p>2:30 <u>NAMI Peer 2 Peer</u> (Library, must be signed up!)</p>	<p>29 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room)</p> <p>11a-2p <u>Experiences w/ Horses @ Fieldstone Farm (CG)</u></p>	<p>30 10-11a Health & Wellness (Library)</p> <p>11a-12p Recovery 101 (Library)</p> <p>1-3p Individual Recovery Planning (as scheduled, Library)</p>	<p>31 10a-11a Recovery Skills for Managing Addictions [T] (Library)</p> <p>10-11a CHATS (Group Room)</p> <p>11a -12p Relationship Skills [T] (Library)</p>	<p>COMMUNITY MEETING is 10/4/13, 12P @ NAMI – 2012 W. 25th St., #600, Cleveland, 44113 (by the West side Market)</p> <p>Join us for food, good company, important updates and Peer Council results!</p>

**** 4th Quarter – October through December 2013 ** <http://www.cleveland.va.gov/services/PRRC.asp> ****

Recovery Resource Center (PRRC) Workshops & Special Events

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OCTOBER 2013

October 4 – Community Meeting @ NAMI Greater Cleveland, 12p (2012 W. 25th St., Suite 600)

October 14 – **Center Closed**, Holiday, Columbus Day!

NOVEMBER 2013

November 6 – Community Meeting @ the Recovery Resource Center (PRRC), 11a-12p

November 7 – **Moving Forward Workshop (Problem Solving Skills)**, Thursdays for 4 weeks, November 7, 14, 21 and December 5, 12:30-2p

November 11 – **Center Closed**, Holiday, Veterans Day – Thank you for your service!

November 12 – *NEW Experiences with Horses* begins, 11a-2p, Transportation will be provided

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

November 28 – **Center Closed**, Holiday, Happy Thanksgiving!!!

DECEMBER 2013

December – **WRAP WORKSHOP**, Dates and Times TBA

December 6 – Community Meeting, Location TBA, 12:30- 2p

December 25 – **Center Closed**, Holiday, Merry Christmas, Happy Chanukah, Happy Kwanzaa!