

Sunrise Wellness Center














August Calendar

MHAST

47 Broad Avenue

Binghamton, NY 13904

607-771-8888

	Monday	Tuesday	Wednesday	Thursday	Friday																					
<p>The following community classes are being offered at the</p> <p>Broome County Library</p> <p>Binghamton 185 Court St.</p>  <p>Adult Peer Support Group</p> <p>Mondays 4:00– 5:00 pm</p> <p>Mindfulness Meditation</p> <p>2X per month 1st & 3rd Mondays of the month 5:30 – 6:30 pm</p>  <p>Endicott Support Groups</p> <p>will be on the 1st & 3rd Wednesday of the month 4 - 5 pm</p>	<p>1</p> <p>Bowling at Laurel 11-2pm</p> <p>*Please pre-register*</p> <p>Pricing \$2 per game \$2 per shoes</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>2</p> <p>Create a Story with Humor 10 – 11:30am</p> <p>Inspirational Rock Painting 1:30-3pm</p>	<p>3</p>  <p>Coffee & Coloring Club MHAST 10-11:30am</p>	<p>6</p> <p>Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>7</p> <p>Women’s Group MHAST 10 – 11:30</p> <p>Expressive Arts: Create your own Zine MHAST 1:30 - 3pm</p>	<p>8</p> <p>Expressive Arts: Visit the Waterfalls Ithaca, NY 10-3pm ***must pre-register limited seating</p> 	<p>9</p> <p>“Paint your Heart Out” with Watercolor Paper Cards on 5x7 Papers. 1 – 3:30pm</p>	<p>10</p> <p>Blueberry picking @ Apple Hills & Lunch 10-1:30 pm *Please pre-register*</p> 		<p>13</p> <p>Men’s Support Group MHAST 11 – 12 pm</p> <p>Stop by MHAST for our *Open House* 12-2pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p>	<p>14</p> <p>Women’s Group MHAST 10 – 11:30</p> <p>Karaoke Night for Adults Event Hosted by Broome County Library. See their website for details 5:30-7:30 pm</p>	<p>15</p> <p>Arts & Craft: Capture Summer in MASON JAR 1- 3:30 pm</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>16</p> 	<p>17</p> <p>Expressive Arts:</p> <p>“Be Your Own Angel” mix-media self-portrait to inspire Self- Love & compassion *note longer class time MHAST 12 –3pm</p>		<p>20</p> <p>Men’s Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>21</p> <p>Women’s Group MHAST 10 – 11:30</p> <p>Expressive Arts: What’s in your heart? Bring your own stories, poems, music or jokes MHAST 1:30 – 3 pm</p>	<p>22</p> <p>What does HOPE mean to you? 1:30-3:15pm @ Library</p> 	<p>23</p> <p>SWC closed for staff meeting 10-12pm</p>	<p>24</p> <p>Trip to Sonic & Port Dickinson park 1:30-3:30pm *Please pre-register*</p> <p>*½ priced drinks & slushies*</p> <p>*Bring your walking shoes* Port Dickinson Park has a beautiful walking trail</p>		<p>27</p> <p>Men’s Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p>	<p>28</p> <p>Women’s Group MHAST 10 – 11:30</p> <p>Expressive Arts Class: Open Art Studio MHAST 1:30 – 3:00</p>	<p>29</p> <p>*We are welcoming Alyssa back from Co-operative Extension*</p> <p>Healthy Choices “ My plate” 10-11:30am</p>	<p>30</p> <p>Mosaic Window Art with Peers 10-11:30 AM</p> <p>Movie & Ice cream social 1:30-3:30pm</p>	<p>31</p> 
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