

## ADULT SUPPORT GROUPS

Everyone is welcome. We invite you to join us to receive encouragement, support and opportunity to share your experience, strength and hope with others.

### **Men's Support Group - Mondays**

MHAST – A Peer led support group for the men in our local community

### **Women's Support Group - Tuesdays**

MHAST – A Peer led support group for the women in our local community

### **PEER Recovery Support Group - Mondays**

Library 185 Court Street, Binghamton

A Peer led support group for Adults in our local community

### **Endicott PEER Recovery Support Group- 2X per month**

**on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays** - First United Methodist Church, 53 McKinley Ave. Endicott - A Peer led support group for Adults in our local community

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### **Mindfulness Meditation, 2X per month, 1<sup>st</sup> & 3<sup>rd</sup> Mondays**

Library 185 Court Street, Binghamton. Begin your week with a mindfulness meditation practice to support relaxation, stress reduction and self-discovery. An interactive group discussion and a 30 minute mediation.

\* **Beginners are most welcome\***

**TO PRE-REGISTER FOR  
CLASSES OR EVENTS**

**CALL 607 - 771- 8888 Ext. # 301**

\* **The importance of registration: if registration is required, please be sure to register before the workshop or presentation, to ensure we have enough supplies for the workshops, space provided is adequate, and to plan for transportation arrangements, etc .**

## Summer Roadtrips: will leave from MHAST, please pre-register

**August 1<sup>st</sup> Bowling at Laurel. (11 – 2 pm) \$\$ for shoe rental & games**

**August 8<sup>th</sup> Visit Beautiful Waterfalls, Ithaca, NY (10 – 3 pm)**

**August 10<sup>th</sup> Blueberry picking @ Apple hills Lunch (10-1:30pm)**

**August 24<sup>th</sup> Trip to Sonic & Port Dickinson park (1:30-3:30pm)**

## Healthy Balance & Expressive Art classes with Carol, MHAST

**August 2<sup>nd</sup> Create a story with humor (10-11:30am)** ‘Storymatic’™ cards to play & create a story with lots of laughs with peers in a group.

**August 9<sup>th</sup> – “Paint your heart out” with watercolor papers (1-3:30pm)**

Listen to guided imagery, with a Loving Kindness theme, create 5x 7 paper.

**August 15<sup>th</sup> – Arts & crafts Capture Summer in a Mason Jar (1-3:30)**

We can fill with your keepsakes, sand, shells and LED lights; have strong glue for beading on the outside also.

**August 30<sup>th</sup> – Mosaic window Art with Peers (10-11:30 am)** enjoying a

calming craft as we build a summer theme with multi colored glass with Peers

## New Sunrise Wellness Classes this month:

**August 2<sup>nd</sup>- Inspirational rock painting with Donna (1:30 – 3pm) MHAST**

**August 7<sup>th</sup> Create your own Zine with Donna (1:30—3 pm) MHAST**

**August 17<sup>th</sup> Be your own Angel with Cindy (12 – 3:30 pm) MHAST**

mix media self-portrait to grow our practice of personal acceptance and self-love (inspired by Life Book artist/teacher Ivy Newport)

**August 22<sup>nd</sup> What does Hope mean to you? With Janiece @ Library**

exploring how to believe in a good outcome & get where we want to go.

**August 21<sup>st</sup> What's in your Heart? with Janiece & Cindy (1:30 – 3pm)**

**MHAST.** Bring your short stories, poems, music or jokes to share. They can be an original or a favorite from another source. Join us as we use the art in our hearts as a way to open up, express encouragement & inspiration

**Lonely ? Stressed Out? Need Someone to talk to?**

**The Peer Support Warmline is here!**

**Call (607) 240-7291 Available 24 hours/day**

