

Mondays:

11-12pm - **Men's Support Group** – open support group just for the Men in our local community

1-1:30pm - **Peer Meditation**—open meditation group for relaxation

1:30 - 3:00 pm - **Peer Support Group** – Anyone is welcome. Come receive encouragement and share your experience, strength and hope with others.

Tuesdays:

10-11:30 am - **Women's Support Group** - open and welcoming support group for the women in our community

1:30 - 3 pm Expressive Arts

– : self-expression using a Personal Art support health, wellness and personal growth explore different techniques to overcome anxiety

2nd Expressive Writing Café - Creative writing and poetry

9th **What Color Is Your Rainbow** - Meditate on color and make a rainbow

16th **1-4pm - New Years Evolution Vision Board Action Plan**

23rd **Trip to AC Moore & Michaels**-shop for supplies for yourself

*****Please Register**

30th **Open art studio**

Wednesday:

- Endicott Peer Support Group 4 - 5 pm

@ The First United Methodist Church on 53 McKinley Ave. Endicott

3rd Planning activities and workshops for the year

10th Learning Positivity With Janiece-Learn to be happy using positivity.

17th Trip to Nearly New Thrift Store and Salvation Army

***** Register Please**

24th Part two of Cindy presenting Deepak Chopra's "Seven Spiritual Laws in Success" ***** Register Please**

31st Part three of Cindy presenting Deepak Chopra's "Seven Spiritual Laws in Success – a guide to fulfillment of your dreams.

*****Register Please**

Thursdays:

4th What Does **Recovery** Mean To You?, exploring personal recovery with Janiece

11th and 25th **Computer Lab** – open lab, internet available, research, write resumes, job

search or whatever you need to do or learn...

18th Let's look at three **Holistic Self-care** methods we can do easily for our minds, our bodies, ourselves with Donna

Fridays:

5th Yoga – 11am - Join us for Yoga at the Voices Recovery Center on 340 Prospect St. In Binghamton. Parking and entrance are around back

***** Register Please**

12th **Coffee** – 1:30-3pm - Meet us for coffee at That Coffee Place on the corner of 176 Clinton Street and West Street ***** Register Please**

19th **Coloring and a fun movie** 1-3pm- Relax with the SWC and friends

26th **Visit Bundy Museum 3rd floor gallery and annex for art and history.** Then if time allows, stop at McDonalds. Participants **can purchase their own** beverages of soda and coffee for \$1. ***** Register Please**

Lonely ? Stressed Out? Need Someone to talk to?

The Peer Support Warmline is here!

Call (607) 240-7291

*** 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, enough room for transportation, etc**