

Sunrise Wellness Center

June Calendar

MHAST

47 Broad Avenue

Binghamton, NY 13904

607-771-8888

**NOTE:
A NEW
LOCATION**

The following classes are being offered at the

Broome County Library

**Binghamton
185 Court St.**



Peer Recovery Support Group

Mondays
4:00– 5:00 pm

Mindfulness Meditation

Mondays
5:30 - 6:30 pm





Start Following Your Dreams by Goal Setting

Thursday
June 7th
1:30 – 3 pm

Mindful Way Gathering the Scattered Mind
Friday

10 – 11:30 am
June 22nd

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Coffee Break at Chris's Diner 9:30 - 10:30 am *Restaurant is cash only*</p> <p>Riverwalk 11 - 12pm *Meet @ Martin Luther King promenade*</p> <p>*Please pre-register*</p>
<p>4</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>5</p> <p>Women's Group MHAST 10 – 11:30 am</p> <p>Awakenings Intuitive Self-Portraits MHAST 1:30 - 3pm</p> 	<p>6</p> <p>Individual Sessions w/ Jenn 11:30-12:30pm & 2-3pm *Must pre-register*</p> <p>Nutrition Class w/ Jenn MHAST 1 – 2 pm "Nutrition Practices for Your Mental Health" Part 1</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>7</p> <p>Mosaic Window Art W/ Carol 1:30-3pm</p> <p>Start following your dreams by "goal setting" Part 3 Library 1:30-3pm</p>	<p>8</p> <p>Frog Pond Farmer's Market 10-3pm *Please pre-register*</p> 
<p>11</p> <p>Men's Support Group MHAST 11 – 12 pm</p> <p>Expressive Arts Class: How I face my Summer Anxiety 1:30-3pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>12</p> <p>Women's Group MHAST 10 – 11:30 am</p> <p>Expressive Arts Class: "Who Am I?" MHAST 1:30 - 3pm</p> 	<p>13</p> <p>Nutrition Class w/ Jenn MHAST 1 – 2 pm</p> <p>"Nutrition Practices for Your Mental Health" Part 2</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>14</p> <p>Arts & Craft Class: Relax your Noodle & Doodle 1:30-3pm</p> 	<p>15</p> <p>Coffee & Coloring Club MHAST 10-11:30am</p> 
<p>18</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>19</p> <p>Women's Group MHAST 10 – 11:30 am</p> <p>Expressive Arts Class: Inspiring Flowers MHAST 1:30 - 3pm</p> 	<p>20</p> <p>Mosaic Window Art 10-11:30</p> <p>Healthy Balance: Healthy stress release "Laughing yoga" 1:30-3pm</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>21</p> <p>Beatles Songfest</p> <p>Trivia fun & "Interactive group Sing Along" 4-6pm</p> <p>*Refreshments will be served*</p> <p>*Please pre-register*</p>	<p>22</p> <p>"The Mindful Way" Gathering the Scattered Mind</p> <p>At the Library 10-11:30 am</p>
<p>25</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>26</p> <p>Women's Group MHAST 10 – 11:30 am</p> <p>Expressive Arts Class: Open Art Studio MHAST 1:30 – 3:00</p> 	<p>27</p> <p>SWC Closed Annual Meeting</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>28</p>  <p>TAG Yourfit w/ Brian MHAST 1:30-3pm Creating a personal strength training practice, in your own home.</p>	<p>29</p> <p>Park Picnic, go for a swim, a hike or join the Scavenger Hunt Chenango Valley State Park 9:30-3pm *Bring your own Lunch*</p> <p>*Please pre-register*</p> 