

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 184 Court Street, Binghamton

A Peer led support group for the men and women in our local community

Endicott PEER Recovery Support Group on Wednesdays

- First United Methodist Church, 53 McKinley Ave. Endicott - A Peer led support group for the men and women in our local community

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Meditation Mondays

Library 184 Court Street, Binghamton

Begin your week with meditation to support relaxation, stress reduction and self-discovery

* **Beginners are most welcome***

TO PRE-REGISTER FOR CLASSES OR EVENT
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, enough room for transportation, etc**

Day of Recovery 9-4pm *Lunch will be served*

***Pre-register online with this link** <https://www.eventbrite.com/e/day-of-recovery-tickets-45524985457>

If you have any questions please give us a call here at MHAST. If you do not have access to a computer please contact us for help registering. **771-8888 For more information contact**

Carole Kuklis Phone: 607.778.1162 **Email:** ckuklis@co.broome.ny.us

Painting your own Vision Tree

MHAST Wednesday May 3rd 10-12pm

Nutrition w/ Jennifer

Wednesday May 9th & 16th

Individual sessions 11:30 – 12:30 pm. & 2-3pm

Classes

May 9th “Vegetarian Practices” 1-2pm

May 16th “Wow! There’s sugar in that?” 1-2pm

Start Following Your Dreams by “Goal Setting”! - Thursdays

(1:30—3 pm)

Binghamton Library (May 17th, 24th) Do you have a hard time accomplishing goals? Is it something you’ve always wanted to do but, it never was the right time? Do you need help planning different ways to achieve goals? **Well this is the right class for you. Please come join us!**

“Appreciation Celebration”- Come join us and take a day and make the time to appreciate yourself and others who have helped you get to where you are today. ☺

MHAST Friday **May 11th 12:30 – 3:30 pm**

Mindfulness– Fridays (10—11:30 am) interactive class with intro to principles of MCBT mindfulness based cognitive therapy to support health & wellness.

May 4th Topic: Why Do We Get Stuck?

May 18th Topic Doing, Being and Mindfulness

Lonely ? Stressed Out? Need Someone to talk to?

The Peer Support Warmline is here!

Call (607) 240-7291

