

Mondays:

11:00-12:00 pm - Men's Group with Ray Feleppa– Join and share support group just for Men

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

Tuesdays:

10:00-11:30 am - Women's Support Group - Open and welcoming support for the women in the Binghamton area.

1:30-3:00 pm- Expressive Arts

April 4th – Soul Cards: Creating meaningful cards to keep or give away with Theresa

April 11th – Healing Stones: Gem stones and crystals with Donna and Theresa

April 18th – Smash books: Practice of self-expression using a Personal Art Journal to support health, wellness and personal growth through an intuitive creative process with Cindy

April 25th Open Art Studio: Self-directed opportunity to complete art projects or start new ones. Some art materials provided and you may also bring your own

Wednesdays:

4:00-5:00pm – Endicott Support Group: Located at The First United Methodist Church on 53 McKinley Avenue

April 5th – 1:30-4:00 pm Part 2 continuation of art with Nancy

April 12th – 10:00am-12:00pm: Join SWC and Todd French in learning more about Medicaid Managed Care. *Please Register*

April 12th - 2:00pm-3:30pm: Cultural Diversity Presentation. Join Sam for her presentation on the cultural differences of Easter

April 19th 10:00am-11:30am - Job Club: Looking to supplement your income or volunteer? Meet with Wendy (VIP) and Donna!

April 26th – 1:30pm-3:00pm: Meditation Group – Join us for a relaxing group focused on meditation. Will be outdoors, weather permitting.

Thursdays:

April 6th – 10:00am-11:30am: Open Computer Lab – Get online, make a resume, job search, or just look at your e-mail.

April 6th - 1:30pm-3:00pm: Monet Style Painting with Becca and Nancy. Learn fun facts about painter Claude Monet and paint with water colors.

April 13th – 10:00am-11:30am: Meditation Group – Join us for a relaxing group focused on meditation. Will be outdoors, weather permitting.

April 13th - 1:30pm-3:00pm: Rising Strong Series with Cindy. Creative exploration of resiliency, whole-hearted living, and the power of personal story as presented in the book by Brene Brown, Rising Strong.

April 20th – 10:00am-11:30am: Open Computer Lab

April 20th - 1:30pm-3:00pm: Rising Strong Series with Cindy.

April 27th – 10:00am-11:30am: Holistic Approach to Health with Donna and Theresa. Join Donna and Theresa as they explore alternative means to healing.

Fridays:

April 7th - 10:30am-3:00pm: Trip to the Frog Pond. Join us for a day trip to the Frog Pond! *Please Register*

April 14th – Good Friday: No Groups today – Agency will close at 12:00pm

April 21st – 10:00am-11:30am: Healthy Choices – Finding Your Voice. Establish boundaries within interpersonal relationships and using the practice of self-care.

April 21st - 12:00pm-1:30pm: Join us at the JC Senior Center for Chair Dance Party! *Please Register*

April 28th – 10:00am-11:30am: Healthy Choices – New Year New You with Nancy. Maintaining reflective practices to continue goal achievement.

Lonely? Stressed Out? Need Someone to talk to?

The Peer Support Warmline is here!

Call (607) 240-7291

Monday-Friday 9:00am-4:30pm

Saturdays & Sundays 12-8pm