

Sunrise Wellness Center November 2017

Please see back of calendar for details
Calendar is subject to change due to projected move to our new location

MHAST
153 court street
Binghamton, NY 13901
(607) 771-8888

Mon	Tue	Wed	Thu	Fri
		1 Poetry Café 10-11:30 Endicott Support @4pm – 5pm	2 Color & a Movie 1:30-3pm	3 Walk & Talk 10-11:00
6 Men's Group 11am – 12pm Peer Support Group 1:30pm – 3pm	7 Women's Group 10am – 11:30am Expressive Arts: Art journal & Soul cards 1:30pm – 3pm	8 Nutrition Class 1-2pm Endicott Support @4pm – 5pm	9 Hollistic Approach to SAD 1:30-3pm	10 Trip to Aquaterra Park & Russell Farms/ Lone Maple 10-3pm *Please pre- register*
13 Men's Group 11am – 12pm Peer Meditation 1:00-1:30pm Peer Support Group 1:30pm – 3pm	14 Women's Group 10am – 11:30am Music in your Medicine basket w/ Bobo @1:30pm – 3pm	15 Nutrition Class 1-2pm Endicott Support @4pm – 5pm	16 All Staff Meeting What does RECOVERY mean to you? ,h30-3pm	17 Healthy choices W/ Alyssa 10-11:30 Heart of Joy painting 12:30-3:30 *Please pre- register*
20 Men's Group 11am – 12pm Peer Meditation 1:00-1:30pm Peer Support Group 1:30pm – 3pm	21 Women's Group 10am – 11:30am	22 Gratitude Brunch 10-12pm *Please pre-register* Endicott Support Cancelled	23 Happy Thanksgiving Closed for holiday	24 Closed for holiday
27 Men's Group @11am – 12pm Peer Support Group 1:30pm – 3pm	28 Women's Group 10am – 11:30am Expressive Arts: Open Art Studio 1:30pm – 3pm	29 Nutrition Class 1-2pm Endicott Support @4pm – 5pm	30 Computer Lab 10-11:30	

