

Sunrise Wellness Center October 2017

** Please see back of calendar for details **

*** Calendar subject to change due to projected move to our new location ***

MHA
153 Court St
Binghamton NY 13901
(607) 771-8888

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<u>Men's Support Group</u> 11 – 12 PM <u>Peer Support Group</u> 1:30 – 3 PM	<u>Women's Support Group</u> 10 – 11:30 AM <u>Expressive Arts: Smash Art Journal @</u> 1:30 – 3 PM	<u>Carol's Painting Party</u> 1:00 – 3:30 PM * pre-register <u>Follies Meeting 11 – 12:30 PM</u> <u>Endicott Support Group</u> 4 – 5 PM	<u>Poetry Café</u> 1:30 – 3 PM	Holistic Approach to SAD (Seasonal Affective Disorder) 10 – 11:30 PM <u>Tour Phelps Mansion</u> 1:00 – 2:30 PM * pre-register
9	10	11	12	13
<u>Men's Support Group</u> 11 – 12 PM <u>Peer Support Group</u> 1:30 – 3 PM	<u>Women's Support Group</u> 10 – 11:30 AM <u>Expressive Arts: Music in Your Medicine Basket</u> 1:30 – 3 PM	<u>Rock Art Excursion 12 – 2 PM</u> <u>Follies Meeting 11 – 12:30</u> <u>Nutrition Class 1 – 2 PM * pre-register</u> <u>Endicott Support Group 4 – 5 PM</u>	<u>(MBCT) Exploring Mindfulness–Based Cognitive Therapy Practices</u> 10 – 11:30 AM	
16	17	18	19	20
<u>Men's Support Group</u> 11 – 12 PM <u>Follies Meeting 12 – 1:30 PM</u> <u>Peer Support Group</u> 1:30 – 3 PM	<u>Women's Support Group</u> 10 – 11:30 AM <u>Expressive Arts: Open Studio</u> 1:30 – 3 PM	<u>Follies 11 – 12:30</u> <u>Nutrition Class 1 – 2 PM * pre-register</u> <u>Endicott Support Group</u> 4 – 5 PM	<u>A Step Toward Forgiveness</u> 1:30 – 3 PM	<u>Trip to the Frog Pond</u> 10–3 PM * pre-register
23	24	25	26	27
Men's Group & Peer Support Group canceled for today <u>Follies Dress Rehearsal</u> 11 AM	<u>Women's Support Group</u> Early 9 – 10:30 AM <u>Follies Dress Rehearsal: 11 AM</u>	<u>Play Follies: The Beat Goes On Shows at 2 PM & 7 PM</u> <u>Endicott Support Group CANCELED for today</u>	Sunrise Wellness Center Closed for Training	Sunrise Wellness Center Closed for Training
30	31	Nov. 1	Nov. 2	Nov. 3
<u>Men's Support Group</u> 11 – 12 PM <u>Peer Support Group</u> 1:30 – 3 PM	<u>Women's Support Group</u> 10 – 11:30 AM <u>Halloween Party- BC Library</u> 1:30 – 3:00 PM * pre-register			
