

## **Mondays:**

**11 - 12 pm - Men's Support Group** – open support group just for the Men in our local community

- **NOTE: due to Follies Show dress rehearsal, Men's Group and Peer Group is CANCELED for Oct. 23rd**

**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 - 11:30 am - Women's Support Group** - open and welcoming support group for the women in our community

- **NOTE: due to Follies Show dress rehearsal,**
- **Women's group will meet early on Oct. 24<sup>th</sup>, 9 – 10:30 AM**

### **1:30 – 3 pm Expressive Arts**

**Oct. 3rd – Smash books:** self-expression using a Personal Art Journal and symbolic language to support health, wellness and personal growth

**Oct. 10th – Music in Your Medicine Basket:** explore self-expression & benefits of including music to support personal wellness and recovery plan

**Oct. 17th – Open Art Studio- Creative Expression in Community:** a self-directed opportunity to complete art projects or start new ones. A variety of art materials are provided and you may also bring your own

**Oct. 31<sup>st</sup>- HALLOWEEN PARTY** , Decker Room, BC Library,  
1:30 – 3: pm \* please pre-register

**Wednesday: Oct. 25<sup>th</sup> Fundamental Follies, The Beat Goes On, two performances, Know Theater 2 pm and 7 pm**

**Wednesdays - Endicott Peer Support Group 4 - 5 pm @ The First United Methodist Church on 53 McKinley Ave. Endicott Canceled on Oct. 25th**

**Oct. 4<sup>th</sup> Painting Party with Carol Lanois 1:00 – 3:30 pm** Step by step instruction to create your own painting, \* **Must pre-register, limited class size**

**Oct. 11<sup>th</sup> Nancy's Rock Art Excursion 12 – 2 pm- meet at MHASt, place rocks throughout Binghamton, wear comfortable shoes ☺**

**Agency or Program CLOSURE DATES for October, due to events and staff trainings**

**October 25<sup>th</sup> – Sunrise Wellness Center closed, setting up for the **Fundamental Follies Performance at 2 pm and 7 pm****

**October 26<sup>th</sup> and 27<sup>th</sup> – Sunrise Wellness Center closed, staff trainings**

## **Thursdays:**

**Oct. 5<sup>th</sup> – Poetry Café 1:30 – 3 PM** a creative space to write and share the power of the spoken word. Bring selections you love or write your own

**Oct. 12<sup>th</sup> – (MBCT) Continue our Exploration of Mindfulness Based Cognitive Therapy Practices 10- 11:30 AM**

learning new ways to respond to your own thoughts and feelings as a preventative means of working through depression and enhancing emotional well-being. Series of classes to build and practice skillsets

**Oct. 19<sup>th</sup> – A Step Toward Forgiveness 1:30 – 3 pm** interactive class, making a step toward healing by letting go of the past and embracing your future.

## **Fridays:**

**Oct. 6<sup>th</sup> – Explore Holistic Approach to SAD 10 - 11:30 am** Join us as we explore alternative tools to deal with Seasonal Affective Disorder

**Oct. 6<sup>th</sup> – A Free Tour of Phelps Mansion 1:00 – 2:30 pm**

**\* please pre-register**

**Oct. 20<sup>th</sup> – Trip to Pine Ridge and Frog Pond Farmers Market, 10 – 3 pm**

**\* must pre-register for transportation and bring money for grocery purchases and lunch**

**Lonely ? Stressed Out? Need Someone to talk to?**

**The Peer Support Warmline is here!**

**Call (607) 240-7291**

**\* 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**