

Mondays:

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

1-1:30 Meditation Group- a practice to still the mind, finding center

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

1:30 – 3 pm Expressive Arts

Nov.7th. – Art Journal: self-expression using a Personal Art Journal and symbolic language to support health, wellness and personal growth

Nov. 14th – Music in Your Medicine Basket: explore self-expression & benefits of including music to support personal wellness and recovery plan

Nov. 28th – 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

Wednesdays –

Nov. 1st – Poetry Café 10:00 – 11:30 am a creative space to write and share the power of the spoken word. Bring selections you love or write your own

Endicott Peer Support Group 4 - 5 pm @ The First United Methodist Church on 53 McKinley Ave. Endicott **Cancelled on Nov. 22th**

Nov.8th,15th, 29th Nutrition class 1-2pm – Education and guidelines for a healthier lifestyle

Nov. 22nd Gratitude Brunch 10-12pm light refreshments, coffee & connection * Must pre-register *

Agency or Program CLOSURE DATES for November, due to events and Holidays

November 22nd – Endicott Support Group Cancelled

November 23rd and 24th – Sunrise Wellness Center closed for the holiday

Thursdays:

Nov. 2nd – Color & a Movie - Relaxation group coloring and watching a movie

Nov. 9th - Explore Holistic Approach to SAD 10 - 11:30 am Join us as we explore alternative tools to deal with Seasonal Affective Disorder

Nov. 16th - What does RECOVERY mean to you?- Interactive group focusing on benefits of recovery and the process.

Nov.23rd-Closed for Thanksgiving Holiday

Nov. 30th – Open Computer Lab- Open computer access for web searching and job searching

Fridays:

Nov. 3rd –Walk & Talk 10 - 11:00 am Join us as we work toward physical wellness by walking with open and mindfulness discussions

Nov. 10th –Trip to Aquaterra Park & Russell Farms 10 – 3pm- A Trip out into nature to the park with a bon fire and shopping.

* please pre-register

Nov. 17th –Healthy Choices with Alyssa 10 – 11:30 am Join us as we learn fun healthier way of eating and living.

Heart of Joy Painting 12:30-3:30 Painting your heart of joy

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**