

ADULT SUPPORT GROUPS

Everyone is welcome. We invite you to join us to receive encouragement, support and opportunity to share your experience, strength and hope with others.

Men's Support Group - Mondays

MHAST – A Peer led support group for the men in our local community

Women's Support Group - Tuesdays

MHAST – A Peer led support group for the women in our local community

PEER Recovery Support Group - Mondays

Library 184 Court Street, Binghamton

A Peer led support group for the men and women in our local community

Endicott PEER Recovery Support Group on Wednesdays

- First United Methodist Church,
53 McKinley Ave. Endicott - A Peer led support group for the men and women in our local community

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Meditation Mondays

Library 184 Court Street, Binghamton

Begin your week with meditation to support relaxation, stress reduction and self-discovery

* **Beginners are most welcome**

TO PRE-REGISTER FOR
CLASSES OR EVENT CALL
(607) 771-8888 EXT 301

Living With Anxiety

MHAST Wednesday April 4th 1:30-3pm Learning ways to live the life you want with Anxiety.

Nutrition w/ Jennifer

Wednesday April 11th & 25th

Individual sessions 11:30 – 12:30 pm. & 2-3pm

Classes

April 11th “Facing Fats” 1-2pm

April 25th “Learning about carbs”

TAG YOUR FIT! - Thursdays (1:30—3 pm)

MHAST Binghamton (April 5th, 19th and 26th) A new program to jumpstart your personal wellness goals for Weight Loss , Strong Heart and Vibrant Health.

Poetry Café- Thursday

April 18th MHAST 1:30 -3pm
a creative space to write and share the power of the spoken word.
Bring selections you love or write your own

Movie Day “Wonder”

MHAST Friday April 20th 1:30 – 3:30 pm – Enjoy a movie & Popcorn with your peers

Free 2 Be Me Classes – Fridays (10—11:30 am)

Library 184 Court Street, Binghamton. Interactive discussion and creative self –awareness activities from empowering guidebook Madly in Love with Me, author Christine Arylo. **April 13th , 27th** each class explores a new theme *no classes April 6th , 20th

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**

