



SUNRISE WELLNESS CENTER

APRIL Activity Schedule

MHAST
47 Broad Avenue
Binghamton, NY 13904
607-771-8888

NOTE:

NEW LOCATION for some of our classes will be offered at the

Broome County Library

Binghamton 185 Court Street

Peer Recovery Support Group

Mondays 3:30pm – 5 pm

Mindfulness Meditation Mondays 5:30 - 6:30 pm

I am Free 2 Be Me Classes: 10 - 11:30 am

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Men's Support Group MHAST 11 – 12 pm Peer Recovery Support Group Library 3:30 – 5 pm Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm	Women's Group MHAST 10 – 11:30 am Learning how to Paint the Lotus Flower Part 1 w/ Carol 1:30-3pm	Living with Anxiety 1:30-3pm Endicott Support Group 4 – 5 pm	Healthy Balanced Friendships and Mental Health : Story Games 10-11:30 TAG YOUR FIT Workshop! MHAST 1:30 - 3 pm	
9	10	11	12	13
Men's Support Group MHAST 11 – 12 pm Learning How to Paint the Lotus Flower Part 2 1:30- 3 pm Peer Recovery Support Group Library 3:30 – 5 pm Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm	Women's Group MHAST 10 – 11:30 am Expressive Arts Class: Benefits of Water and making a wellness tool Part 1 1:30-3pm	Individual Sessions 11:30-12:30pm & 2-3pm *Must pre-register* Nutrition Class w/ Jenn "Facing Fats!" 1-2pm Endicott Support Group 4 – 5 pm		I Am FREE 2 Be Me Class How to become my own Best Friend Topic: Library 10 -11:30 am
16	17	18	19	20
Men's Support Group MHAST 11 – 12 pm Peer Recovery Support Group Library 3:30 – 5 pm Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm	Women's Group MHAST 10 – 11:30 am Expressive Arts Class: Benefits of Water and making a wellness tool Part 2 1:30-3pm	Expressive Arts Class: Poetry Café MHAST 1:30-3pm Endicott Support Group 4 – 5 pm	Healthy Balance : Transform health through forgiveness 10-11:30 TAG YOUR FIT Workshop! MHAST 1:30 - 3 pm	Movie Day "Wonder" 1:30-3:30
23	24	25	26	27
Men's Support Group MHAST 11 – 12 pm Peer Recovery Support Group Library 3:30 – 5 pm Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm	Women's Group MHAST 10 – 11:30 am Expressive Arts Class: Open Art Studio MHAST 1:30 – 3 pm	Individual Sessions 11:30-12:30pm & 2-3pm *Must pre-register* Nutrition Class w/ Jenn " Learning about Carbs" 1-2pm Endicott Support Group 4 – 5 pm	TAG YOUR FIT Workshop! MHAST 1:30 - 3 pm	I Am FREE 2 Be Me Class How to become my own Best Friend Topic: Library 10 -11:30 am
30				
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