



# Sunrise Wellness Center

## \*July Calendar\*

MHAST

47 Broad Avenue

Binghamton, NY 13904

607-771-8888

**NOTE:  
A NEW  
LOCATION**

The following classes are being offered at the

**Broome  
County  
Library**

**Binghamton  
185 Court St.**



**Peer  
Recovery  
Support  
Group**

Mondays  
4:00– 5:00 pm

**Mindfulness  
Meditation**

Mondays  
5:30 - 6:30 pm



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Men's Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>3 Women's Group MHAST 10 – 11:30</p> <p>Expressive Arts: Hands Past &amp; Future with Katherine MHAST 1:30 - 3pm</p>	<p>4</p> <p><b>*SWC closed for the Holiday*</b></p>	<p>5</p> <p>Learn to create Mosaic Windows with Carole 1 – 3:30 pm</p>	<p>6 <b>Coffee &amp; Coloring Club</b> MHAST 10-11:30am</p>
<p>9 Men's Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>10 Women's Group MHAST 10 – 11:30</p> <p>Expressive Arts: Personalize your own magnets MHAST 1:30 - 3pm</p>	<p>11 Cultivate Gratitude MHAST 10 -11:30 interactive group introducing short fun writing exercises</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>12 Meditation Intro to Laughing Yoga with Carol 1:30 – 3 PM to increase the feel good chemicals in the brain and to be as silly as possible</p>	<p>13 <b>Everything Natural Clarks Summit, Pa.</b> 10 - 3pm * please pre-register seating limited</p> <p>Organic &amp; natural food, wellness products, jewelry, cards and gifts</p>
<p>16 Men's Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>17 Women's Group MHAST 10 – 11:30</p> <p>Expressive Arts: Gradual Awakening: Drawing from Within MHAST 1:30 – 3 pm</p>	<p>18 Personal Boundaries MHAST 10 – 11:30</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>19 Popcorn, Peanuts &amp; a Movie”</p> <p>MHAST: 1:30-3:30pm <b>The Greatest Showman</b></p>	
<p>23 Men's Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>24 Expressive Arts: Visit the Waterfalls Ithaca, NY 10-3pm</p> <p>***must pre-register limited seating</p>	<p>25 Expressive Arts Class: MHAST: Zen Goddess 1:00 – 3:00 PM please pre-register</p> <p>Endicott Support Group 4 – 5 pm</p>	<p>26 <b>MHAST closed for all staff meeting 10 – 12:00 pm</b></p> <p><b>Computer lab</b></p> <p>MHAST 1:30 – 3 pm</p>	<p>27 <b>Riverwalk</b> 9:30 - 10:30 am *Meeting at Martin Luther King promenade* ( pre-register if need ride to or from MHAST)</p> <p><b>Coffee Break at Chris's Diner</b> 11 - 12pm *Restaurant is cash only*</p>
<p>30 Men's Support Group MHAST 11 – 12 pm</p> <p>Peer Recovery Support Group Library 4 – 5 pm</p> <p>Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm</p>	<p>31 Women's Group MHAST 10 – 11:30</p> <p>Expressive Arts Class: Open Art Studio MHAST 1:30 – 3:00</p>			