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|  | **Tuesday** | **Wednesday** | **Thursday** |
| 10:30 | RCHC (No Background).jpeg**Art Where You Are With Jerry**Multipurpose Room  | **Yoga with Cheryl**Multipurpose Room | **PTSD & Recovery With Maria**Multipurpose Room / Zoom |
| **Mindful Journaling with Mary**Overflow Room | **Healing Through Arts with Mary** Overflow Room  | **Signing for Recovery with Regina**Angela’s Room |
| **Chair Boxing with Pam**Multipurpose Room |
| 11:45 | **D.B.T Skills with Mary**Angela’s Room / YouTube Live |
| **Stay Connected to Yourself with David** Multipurpose Room / FB Live | **Recovery Boosters with Clayton**Angela’s Room / FB Live |
| **Technology Help With Ernest** Computer Lab |
| 1:30 | **True Defense with Master K**Multipurpose Room | **Art at Essex With Jerry**Multipurpose Room | **Bipolar & Depression Support Group with David and Mary** Multipurpose Room / Zoom |
| **Creative Writing with Brian**Overflow Room / Zoom | **Watercolor with Jerry** Overflow Room |
| 2:45 |  |

**Recovery Center of Hamilton County**

In-Person Class and Meeting Schedule

Effective July 6, 2020

[www.recoverycenterhc.org](http://www.recoverycenterhc.org) Promoting Wellness. Inspiring Hope. Changing Lives Facebook: @RecoveryCenterCincy