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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| RCHC (No Background).jpeg  10:15 | **Morning Check In**  FaceBook Live | **Morning Check In**  FaceBook Live | **Morning Check In**  FaceBook Live | **Morning Check In**  FaceBook Live | **Morning Check In**  FaceBook Live |
| 10:30 | **Assertiveness & Self-Empowerment**  David/Zoom | **Mindfulness Journaling**  **Recovery Center of Hamilton County**  Online Class and Meeting Schedule  Effective July 7th, 2020  Mary/ Youtube Live | **Yoga With Cheryl**  Facebook Live | **PTSD & Recovery**  Maria/Zoom | **Creating a Healthy, Balanced Life**  Clayton/Facebook Live |
| **Social Issues Community Support Group**  Ernest & David / Zoom | **Mental Health Tips & Tools**  Ernest/Facebook Live |
| 11:45 | **Weight Loss & Management Support Group**  Maria/Zoom | **Stay Connected to Yourself!**  David/Facebook Live | **Ask the RC**  Bill & Amanda/Facebook Live | **Nutrition & Healthy Cooking Class**  Maria/Facebook Live |
| **D.B.T Skills**  Mary/YouTube Live | **Boost Your Recovery!**  Clayton/ Facebook Live | **12:00 PM**  **A.S.L. Check-In**  Vickie/Zoom | **Staying Spiritually Grounded in Tough Times**  Fred/Zoom |
| 1:30 | **Attitudes of Gratitude**  Brian/Facebook Live | **Creative Writing**  Brian/Zoom | **Healing Through Arts**  Mary/Facebook Live | **Bipolar & Depression Support Group**  David/Zoom | **Easy Goal-Setting! (WHAM)**  David/Zoom |
| **RCHC Jeopardy**  Amanda/Zoom |
| 2:45 | **Daily Peer Support Group**  Zoom | **Daily Peer Support Group**  Zoom | **Daily Peer Support Group**  Zoom | **Daily Peer Support Group**  Zoom | **Daily Peer Support Group**  Zoom |