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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| RCHC (No Background).jpeg10:15 | **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 ScheduleEffective 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 |