**Recovery Center of Hamilton County**

**Online Class and Meeting Schedule**:

**September 7th – November 12th, 2021**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 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 | **Ask the Dietician**Maria/FB Live | **Tame Your Dragons: Your Brain is Always Listening\*** Maria/Zoom | **Anxiety Support Group** **& Workshop**David/Zoom | *Free Recovery Time,* *No Online Class* | **DBT: Emotion Regulation\***Mary/Zoom |
| 11:45 | *Free Recovery Time, No Online Class*  | **Weight Loss & Management Support Group\***Maria/Zoom | **Attitudes of Gratitude\***Brian/Zoom | **Exploring Our Spiritual Healing Through Film** Fred/ Zoom | **Staying Spiritually Grounded in Tough Times**Fred/Zoom |
| **Healthy Cooking**Maria/Facebook Live |
| 1:30 | **Bipolar & Depression Support Group** David/ Zoom | **Creative Writing\***Brian/Zoom | **LGBTQ & Friends**David/Zoom | **Jeopardy** Bill/Zoom | **Tech Help Desk & Workshops**David/Zoom |
| 2:45 | **Daily Peer Support Group**David/Zoom | **Daily Peer Support Group**David/Zoom | **Daily Peer Support Group**Mary/Zoom | **Daily Peer Support Group**David/Zoom | **Daily Peer Support Group**Mary/Zoom |
| 7:00 | **7 at 7 Daily Peer Support Check-in on Zoom** |