**Recovery Center of Hamilton County**

**Online Class and Meeting Schedule**:

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

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|  | **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** | | | | |