



Recovery Center of Hamilton County

Online Class and Meeting Schedule
Effective August 10, 2020

	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	Assertiveness & Self-Empowerment David/Zoom	The Road Less Traveled Marilyn/Zoom	Social Media Ernest/Zoom	Tips & Tricks to Deal with Anxiety Ernest/Zoom	DBT: Emotional Regulation Mary/Zoom
11:45	Mental Health & Relationships in a Covid-19 World Marilyn/Zoom	Staying Connected to Yourself David/Zoom	How to be Happy, or at Least Less Sad David/Zoom	Ask the RC Amanda & Bill/Facebook Live	Staying Spiritually Grounded in Tough Times Fred/Zoom
					Healthy Cooking Maria/Facebook Live
1:30	Attitudes of Gratitude Brian/Facebook Live	Parenting & People Skills Martha/Zoom	RCHC Jeopardy Amada/Bill/Zoom	Bipolar & Depression Support Group David/Zoom	Self-Esteem Martha/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