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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 | **Assertiveness & Self-Empowerment**David/Zoom | **Art Where You Are**Jerry/Zoom | **Mental Health Tips**Ernest/Facebook Live | **PTSD & Recovery**Maria/Zoom | **Creating a Healthy, Balanced Life**Clayton/Facebook Live |
|  **Sports Talk & Trivia**Chris/Youtube Live | **Mental Health Tips & Tools**Ernest/Facebook Live |
| 11:45 | **Weight Loss & Management Support Group**Maria/Zoom | **Connectedness**David/Facebook Live | **Recovery Boosters**Clayton/Facebook Live | **Ask the RC**Bill & AmandaFacebook Live | **Nutrition & Healthy Cooking**Maria/Facebook Live |
| **Guided Meditation**Emily/Zoom | **RCHC Jeopardy**Amanda/Zoom | **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 | **Technology Tips & Tools**Ernest/Zoom | **Bipolar & Depression Support Group**David/Zoom | **WHAM**David/Zoom |
| **Healing Through Arts**Mary/Facebook Live |
| 2:45 | **Afternoon Check In/Q & A**Zoom | **Afternoon Check In/Q & A**Zoom | **Afternoon Check In/Q & A**Zoom | **Afternoon Check In/Q & A**Zoom | **Afternoon Check In/Q & A**Zoom |



**Recovery Center of Hamilton County**

Online Class and Meeting Schedule

Effective May 4, 2020