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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 & Amanda  Facebook 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