

The Jenkins Center



for Hope and Recovery

Hours of Operation: Tuesday-Friday 9am - 6pm and Saturday 12-4pm

607-277-7337

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:00 LGBTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	2 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness
3 Closed	4 Closed Labor Day	5 1-3 D and D 3:15 What Do You Find Meaningful? 4:00 Draw/Sketch	6 11:00 WRAP Noon- Music Group 3:00 Women's Group 5:00 Dinner	7 9:45 Belly Dance 5:30 Depression Group	8 11:00 LGBTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	9 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness
10 Closed	11 Closed	12 10:00 BINGO Join us and our friends from Unity House! There will be prizes! 1-3 D and D 3:15 What Do You Find Meaningful? 4:00 Draw/Sketch	13 11:00 WRAP Noon-Music Group 3:00 Women's Group 5:00 Dinner	14 9:45 Belly Dance 5:30 Depression Group	15 11:00 LGBTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	16 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness
17 Closed	18 Closed	19 1-3 D and D 3:15 What Do You Find Meaningful? 4:00 Draw/Sketch	20 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Members' mtg. 5:00 Dinner	21 9:45 Belly Dance 3:30 Members' Bday Gathering 5:30 Depression Group	22 Noon-1:30- Annual Member Picnic Lunch 2:00 Wii 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	23 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness
24 Closed	25 Closed	26 1-3 D and D 3:15 What Do You Find Meaningful? 4:00 Draw/Sketch	27 11:00 WRAP Noon- Music Group 3:00 Women's Group 5:00 Pizza Dinner	28 9:45 Belly Dance 5:30 Depression Group	29 11:00 LGBTQ 1:00- Meditation 2:00 Wii 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	30 12:00 Bagels and Coffee 12:30 EA Group 2:00 Career Readiness

Weekly Groups

Advocacy Group

Share and discuss personal issues and situations occurring in your life.

Belly Dance

Learn basic moves of an ancient dance.

Career Readiness

Need help getting a job? Stop by for help with your resume, applications, job search, or general career exploration.

Depression Group

This one hour group supports anyone encountering depression or signs of depression.

Draw/Sketch

Walk through the local neighborhoods and draw/sketch local landscapes, architecture, and still life.

Dungeons and Dragons (D and D)

This interactive group is very popular with members.

EA Group (Emotions Anonymous Group)

This group helps support maintaining the balance of emotional health.

Fly w/Thor

Did you ever want to fly? Come try flight simulation with Thor. When the weather cooperates we will head outside and fly some model planes!

LGBTQ Support Group

Facilitated discussion group is held in a safe, comfortable environment.

Meditation Group

Need relaxation techniques? Join us for a basic meditation session.

Members' Birthday Gathering

Join us for cake and ice cream to celebrate those having birthdays this month!

Members' Meeting

Held on the third Wednesday of each month, interested members meet to discuss Jenkins Center matters.

Music Group

Enjoy music? Play an instrument? Join us for an hour of jamming. Or, just come to listen!

Wellness Recovery Action Plan (WRAP)

Peer facilitated group to help participants work toward recovery.

What Do You Find Meaningful? Show and Tell Us!

Wii

Join us in some interactive Wii game play. Challenge yourself!

Women's Social Group

Grab a cup of coffee, put your feet up and share stories. Make new friends! It is a great way to stay engaged and support your personal recovery.

Young Adults Group

A place for young adults (ages 18-28) to gather, make friends, work on skills, and discuss transitioning into the world as an adult while maintaining mental wellness.

**** A free dinner is served each Wednesday evening at 5:00 ****