

The Jenkins Center



for Hope and Recovery

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

607-277-7337

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed New Year's Day	2 11 Current Events 1-3 D and D 4:00 Draw/Sketch	3 11:00 WRAP Noon- Music Group 3:00 Women's Group 5:00 Dinner	4 5:30 Depression Group	5 11:00 LBGTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	6 12:00 Bagels and Coffee 12:30 EA Group
7 Closed	8 Closed	9 11 Current Events 1-3 D and D 4:00 Draw/Sketch	10 11:00 WRAP Noon- Music Group 3:00 Women's Group 5:00 Dinner	11 5:30 Depression Group	12 11:00 LBGTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	13 12:00 Bagels and Coffee 12:30 EA Group
14 Closed	15 Closed Martin Luther King, Jr. Day	16 10 BINGO with Unity House 11 Current Events 1-3 D and D 4:00 Draw/Sketch	17 11:00 WRAP Noon- Music Group 3:00 Women's Group 4:00 Members' mtg. 5:00 Dinner	18 3:30 Members' Bday Gathering 5:30 Depression Group	19 11:00 LBGTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	20 12:00 Bagels and Coffee 12:30 EA Group
21 Closed	22 Closed	23 11 Current Events 1-3 D and D 4:00 Draw/Sketch	24 11:00 WRAP Noon- Music Group 3:00 Women's Group 5:00 Dinner	25 5:30 Depression Group	26 11:00 LBGTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	27 12:00 Bagels and Coffee 12:30 EA Group
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Weekly Groups

Advocacy Group

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

BINGO with Unity House

Join us for this monthly activity with Unity House as we come together playing BINGO!

Current Events

Join us for discussions of current topics in the news and on social media.

Depression Group

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

Draw/Sketch

Join Thor in walking through the local neighborhoods and drawing/sketching local landscapes, architecture, still life.

Dungeons and Dragons (D and D)

This interactive group is very popular with members.

EA Group (Emotions Anonymous Group)

A nationally recognized organization, this group helps support maintaining the balance of emotional health.

Fly w/Thor

Did you ever want to fly? Come try flight simulation. 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 each month on the 3rd Thursday to celebrate this month's member birthdays!

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 stop by to listen!

Wellness Recovery Action Plan (WRAP)

Peer facilitated group to help participants work toward recovery.

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 our 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 at 5:00 ****
607-277-7337

States of Mind Release Party, January 31 @ 5:30... join us in the release of our literary magazine's newest edition.