

The Jenkins Center



for Hope and Recovery

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

607-277-7337

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:00 Creative Writing 5:30 Depression Group	2 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	3 12:00 Bagels and Coffee 12:30 EA Group
4 Closed	5 Closed	6 1-3 D and D 4:00 Draw/Sketch	7 11:00 WRAP Noon- Music Group 1-2:30 Art Journaling 3:00 Women's Group 5:00 Dinner	8 5:30 Depression Group	9 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	10 12:00 Bagels and Coffee 12:30 EA Group 2-2:45 Learn to Meditate
11 Closed	12 Closed	13 1-3 D and D 4:00 Draw/Sketch	14 11:00 WRAP Noon-Music Group 1-2:30 Art Journaling 3:00 Women's Group 5:00 Dinner <i>Valentines Day</i>	15 1:00 Creative Writing 3:30 Members' Bday Gathering 5:30 Depression Group	16 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	17 12:00 Bagels and Coffee 12:30 EA Group
18 Closed	19 Closed	20 10 BINGO w Unity House 1-3 D and D 4:00 Draw/Sketch	21 11:00 WRAP Noon- Music Group 1-2:30 Art Journaling 3:00 Women's Group 4:00 Members' mtg. 5:00 Dinner	22 5:30 Depression Group	23 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	24 12:00 Bagels and Coffee 12:30 EA Group
25 Closed	26 Closed	27 1-3 D and D 4:00 Draw/Sketch	28 11:00 WRAP Noon- Music Group 1-2:30 Art Journaling 3:00 Women's Group 5:00 Pizza Dinner			

Weekly Groups

Advocacy Group

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

Art Journaling

Join us for this unique expressive art group. Art journaling is like keeping a visual diary using any (or many) art mediums including collage, drawing, painting, and text, all with the purpose of expressing your emotions, self-reflection, and personal growth. Supplies are provided. Optional prompts will be offered at each session.

BINGO w Unity House

Join us for a monthly BINGO session with our Unity House friends. Prizes and lights snacks... we meet the 3rd Tuesday of every month.

Creative Writing

This group is held every other week. Join us for an hour of writing. All genres will be explored.

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 2-hour group is interactive and 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? Join us and try out a computerized flight simulation with Thor. When the weather cooperates we will head outside and fly some model planes!

Learn to Meditate

Join this one-time group on Feb. 12 from 2- 2:45. Learn breathing exercises and meditation for deep rest.

LGBTQ Support Group

This facilitated discussion group is held in a safe, comfortable environment.

Meditation Group

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

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)

A peer facilitated group to help participants work toward mental health 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 every Wednesday evening at 5:00 ****