

The Jenkins Center



for Hope and Recovery

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

607-277-7337

March 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------|---|---|--|---|--|
| | | | | 1 1:00 Creative Writing 5:30 Depression Group | 2 11:00 LGBTQ 1:00 Coloring and Conversation 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 11 Peer Specialist Supervision 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 Coloring and Conversation 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 |
| 11 Closed Daylight Saving Time Begins | 12 Closed | 13 11 Peer Specialist Supervision 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 | 15 1:00 Creative Writing 3:30 Members' Bday Gathering 5:30 Depression Group | 16 11:00 LGBTQ 1:00- Meditation 1:00 Coloring and Conversation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group | 17 St. Patrick's Day 12:00 Bagels and Coffee 12:30 EA Group |
| 18 Closed | 19 Closed | 20 11 Peer Specialist Supervision 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 Coloring and Conversation 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 11 Peer Specialist Supervision 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 | 29 1:00 Creative Writing 5:30 Depression Group | 30 11:00 LGBTQ 1:00 Coloring and Conversation 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group | 31 12:00 Bagels and Coffee 12:30 EA Group |

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 with Unity House

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

Coloring and Conversation

Join us for some relaxing and interactive coloring with a twist!

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

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 an airplane? 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!

Peer Specialist Supervision

A meeting time for those actively pursuing the NYS Peer Specialist Certificate. This group meets in room 107.

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