

# The Jenkins Center



# for Hope and Recovery

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

607-277-7337

## April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Closed</b>  <b>Easter Sunday</b>	2 <b>Closed</b>	3 <b>11:00</b> Peer Specialist Supervision <b>3:00</b> Character Strengths <b>4:00</b> Draw/Sketch	4 <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>5:00</b> Dinner	5 <b>5:30</b> Depression Group	6 <b>11:00</b> LGBTQ <b>1:00</b> Coloring and Conversation <b>1:00-</b> Meditation <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>4:00</b> Advocacy Group	7 <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
8 <b>Closed</b>	9 <b>Closed</b>	10 <b>11:00</b> Peer Specialist Supervision <b>3:00</b> Character Strengths <b>4:00</b> Draw/Sketch	11 <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>5:00</b> Dinner	12 <b>1:00</b> Creative Writing <b>5:30</b> Depression Group	13 <b>11:00</b> LGBTQ <b>1:00</b> Coloring and Conversation <b>1:00-</b> Meditation <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>3:30</b> Arts and Crafts <b>4:00</b> Advocacy Group	14 <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
15 <b>Closed</b>	16 <b>Closed</b>	17 <b>11:00</b> Peer Specialist Supervision <b>10:00</b> BINGO w Unity House <b>3:00</b> Character Strengths <b>4:00</b> Draw/Sketch	18 <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>4:00</b> Members' mtg. <b>5:00</b> Dinner	19 <b>3:30</b> Members' Bday Gathering <b>5:30</b> Depression Group	20 <b>11:00</b> LGBTQ <b>1:00</b> Coloring and Conversation <b>1:00-</b> Meditation <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>3:30</b> Arts and Crafts <b>4:00</b> Advocacy Group	21 <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
22 <b>Closed</b>	23 <b>Closed</b>	24 <b>11:00</b> Peer Specialist Supervision <b>3:00</b> Character Strengths <b>4:00</b> Draw/Sketch	25 <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>5:00</b> Pizza Dinner	26 <b>1:00</b> Creative Writing <b>5:30</b> Depression Group	27 <b>11:00</b> LGBTQ <b>1:00</b> Coloring and Conversation <b>1:00-</b> Meditation <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>3:30</b> Arts and Crafts <b>4:00</b> Advocacy Group	28 <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
29 <b>Closed</b>	30 <b>Closed</b>					

## **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.

### **Arts and Crafts**

Cornell students lead this fun class with a different craft each week! Materials provided.

### **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.

### **Character Strengths**

Using a framework from [Character Strengths and Virtues](#) by Peterson and Seligman, we will discuss our own strengths and virtues and how we believe they evolved through our history and culture.

### **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**

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

### **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!

### **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!

### **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)**

A peer facilitated group to help participants work toward mental health 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 \*\***