

# The Jenkins Center



# for Hope and Recovery

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

607-277-7337

## MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>9:00-11</b> Basic Sewing <b>11:00</b> Peer Specialist Supervision <b>3:00</b> Self Reflection <b>4:00</b> Draw/Sketch	<b>2</b> <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>5:00</b> Dinner	<b>3</b> <b>1:00</b> Creative Writing <b>5:30</b> Depression Group	<b>4</b> <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	<b>5</b> <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
<b>6</b> <b>Closed</b>	<b>7</b> <b>Closed</b>	<b>8</b> <b>9:00-11</b> Basic Sewing <b>11:00</b> Peer Specialist Supervision <b>3:00</b> Self Reflection <b>4:00</b> Draw/Sketch	<b>9</b> <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>5:00</b> Dinner	<b>10</b> <b>5:30</b> Depression Group	<b>11</b> <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	<b>12</b> <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
<b>13</b> <b>Closed</b>	<b>14</b> <b>Closed</b>	<b>15</b> <b>9:00-11</b> Basic Sewing <b>11:00</b> Peer Specialist Supervision <b>10:00</b> <b>BINGO w Unity House</b> <b>3:00</b> Self Reflection <b>4:00</b> Draw/Sketch	<b>16</b> <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	<b>17</b> <b>3:30</b> Members' Bday Gathering <b>5:30</b> Depression Group	<b>18</b> <b>11:00</b> LGBTQ <b>1:00-</b> Meditation <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>4:00</b> Advocacy Group	<b>19</b> <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
<b>20</b> <b>Closed</b>	<b>21</b> <b>Closed</b>	<b>22</b> <b>9:00-11</b> Basic Sewing <b>11:00</b> Peer Specialist Supervision <b>3:00</b> Self Reflection <b>4:00</b> Draw/Sketch	<b>23</b> <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>5:00</b> Dinner	<b>24</b> <b>5:30</b> Depression Group	<b>25</b> <b>11:00</b> LGBTQ <b>1:00-</b> Meditation <b>2:00</b> Fly with Thor <b>3:30</b> Young Adults <b>4:00</b> Advocacy Group	<b>26</b> <b>12:00</b> Bagels and Coffee <b>12:30</b> EA Group
<b>27</b> <b>Closed</b>	<b>28</b> <b>Closed</b> <b>MEMORIAL DAY</b>	<b>29</b> <b>9:00-11</b> Basic Sewing <b>11:00</b> Peer Specialist Supervision <b>3:00</b> Self Reflection <b>4:00</b> Draw/Sketch	<b>30</b> <b>11:00</b> WRAP <b>Noon-</b> Music Group <b>1-2:30</b> Art Journaling <b>5:00</b> Pizza Dinner	<b>31</b> <b>5:30</b> Depression 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.

### **Arts and Crafts**

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

### **Basic Sewing**

We will work on basic sewing skills with and without the sewing machine. From threading a needle and sewing on a button, to basic sewing machine instructions. Feel free to bring an item needing repair. One-to-one instruction can be arranged.

### **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.

### **Coloring and Conversation**

Join us for some relaxing and interactive coloring with a twist! Our last Friday group is May 11.

### **Creative Writing**

Join us on May 3rd for the final meeting of this group. We will write for an hour...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.

### **Self Reflection**

Using a framework from Character Strengths and Virtues by Peterson and Seligman, we will reflect and discuss our own strengths and virtues.

### **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 \*\***

