

The Jenkins Center



for Hope and Recovery

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

607-277-7337

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group *closing at 5:00 today...see you at the Ithaca Festival Parade!	2 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
3 Closed	4 Closed	5 9:00-11 Basic Sewing 11:00 Peer Specialist Supervision 3:00 Self Reflection 4:00 Draw/Sketch	6 11:00 WRAP Noon- Music Group 1-2:30 Art Journaling 5:00 Dinner	7 2:00 Book Share 3:00 Mental Health Recovery Check In 5:30 Depression Group	8 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	9 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
10 Closed	11 Closed	12 9:00-11 Basic Sewing 11:00 Peer Specialist Supervision 3:00 Self Reflection 4:00 Draw/Sketch	13 11:00 WRAP Noon-Music Group 1-2:30 Art Journaling 5:00 Dinner	14 2:00 Book Share 3:00 Mental Health Recovery Check In 5:30 Depression Group	15 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	16 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
17 Closed	18 Closed	19 9:00-11 Basic Sewing 10:00 Table Games w/ Unity House 11:00 Peer Specialist Supervision 3:00 Self Reflection 4:00 Draw/Sketch	20 11:00 WRAP Noon- Music Group 1-2:30 Art Journaling 4:00 Members' mtg. 5:00 Dinner	21 2:00 Book Share 3:00 Mental Health Recovery Check In 3:30 Members' Bday Gathering 5:30 Depression Group	22 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	23 12:00 Fruit, Bagels, and Coffee 12:30 EA Group
24 Closed	25 Closed	26 9:00-11 Basic Sewing 11:00 Peer Specialist Supervision 3:00 Self Reflection 4:00 Draw/Sketch	27 11:00 WRAP Noon- Music Group 1-2:30 Art Journaling 5:00 Pizza Dinner	28 2:00 Book Share 3:00 Mental Health Recovery Check In 5:30 Depression Group	29 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:30 Young Adults 4:00 Advocacy Group	30 12:00 Fruit, 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.

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.

Book Share Group

Read a good book lately? Want to tell us about it? Join us to talk about what you're reading, why you liked it/disliked it. Any genre, article, poem, short story, or novel.

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.

Mental Health Recovery Check In

Join us in this weekly check-in of our mental health recovery; where are we in our journey? Where do we go from here? Talk (or just listen) and learn about each other's journey. This group will be held in suite 107 next to the Jenkins Center.

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.

Table Games w Unity House

Join us for a monthly gathering with our Unity House friends. We bring out the playing cards and board games for a morning of fun. We meet at Jenkins on the 3rd Tuesday of every month.

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 ****