

# The Jenkins Center



# for Hope and Recovery

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

607-277-7337

## July 2018

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

## **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.

### **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 session 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 \*\***