

# The Jenkins Center



# for Hope and Recovery

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

607-277-7337

## August 2018

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

### **Chess Group**

Let's play chess! Beginner, intermediate, pro??? Learn, sharpen your skills, or maintain that groove!

### **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 Care Discussion**

We will discuss self care practices that help us with our general well being, internal balance, and gradual, positive personal growth. Establishing a self care routine allows us to find new possibilities and leads to hope, self confidence, strength, and a better relationship with ourselves. Join our discussion.

### **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 \*\***

