

The Jenkins Center



for Hope and Recovery

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

607-277-7337

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Closed	1 New Year's Day CLOSED	2 11:00 WRAP Noon- Music Group 1:30-2:30 Art Journaling	3 10-11:30 Learn ASL Noon-1 LUNCH 3:30 Chess Group 4-5 Women's Group 5:30 Depression Group	4 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00-4:30 Young Adults 4:00 Advocacy Group	5 12:00 Fruit, Bagels, and Coffee
6 Closed	7 Closed	8 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1:00 Jewelry Making 3:00 Self Reflection 4:00 Draw/Sketch	9 11:00 WRAP Noon- Music Group 1:30-2:30 Art Journaling	10 10-11:30 Learn ASL Noon-1 LUNCH 3:30 Chess Group 4-5 Women's Group 5:30 Depression Group	11 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00-4:30 Young Adults 4:00 Advocacy Group	12 12:00 Fruit, Bagels, and Coffee
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20 Closed	21 Closed Martin Luther King, Jr. Day	22 9:00-11 Basic Sewing 9-12:30 Cards/Board Games 1:00 Jewelry Making 3:00 Self Reflection 4:00 Draw/Sketch	23 11:00 WRAP Noon- Music Group 1:30-2:30 Art Journaling	24 10-11:30 Learn ASL Noon-1 LUNCH 3:30 Chess Group 3:30 Bday Gathering 4-5 Women's Group 5:30 Depression Group	25 11:00 LGBTQ 1:00- Meditation 2:00 Fly with Thor 3:00-4:30 Young Adults 4:00 Advocacy Group	26 12:00 Fruit, Bagels, and Coffee
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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.

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.

Cards/Board Games

Join our Unity House friends every Tuesday for card playing and board games. Get your morning started!

Chess Group

Join in with a game or two of chess... any level; beginner (we'll teach you!) to master!

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.

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!

Jewelry Making

Join us to show off your creative side... everyone has one! We'll bring out the beads and create wearable art.

Learn ASL

Join us to learn basic American Sign Language. This group is coming to us from Unity House!

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!

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.

Women's Group

Join us for talk and conversation about current issues surrounding our active lives.

Young Adults Group

A place for young adults (ages 18-30) to gather, make friends, work on skills, and discuss transitioning into the world as an adult while maintaining mental wellness.

*** A free lunch is served at noon every Thursday throughout the winter. ***