

# The Jenkins Center



# for Hope and Recovery

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

607-277-7337

## April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Closed</b>	2 9-12:30 Cards/Board Games 1:00 Jewelry Making 3:00 Self Reflection	3 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling 3:00 Guided Meditation/Seated Yoga	4 <b>Noon LUNCH</b> 2:00 Knit & Crochet 3:00 Women's Group 5:30 Depression Group	5 11:00 LGBTQ 1:00- Week in Review 2:00 Fly with Thor 3:30 Cornell Arts/Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	6 12:00 Fruit, Bagels, and Coffee 1:00 Music
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21 <b>Closed</b>	22 <b>Closed</b>	23 9-12:30 Cards/Board Games 1:00 Jewelry Making 2:00-4 WRAP Bingo	24 10-11:30 Learn ASL 11:00 WRAP 1:30-2:30 Art Journaling 3:00 Guided Meditation/Seated Yoga	25 <b>Noon LUNCH</b> 2:00 Knit & Crochet 3:00 Women's Group 5:30 Depression Group	26 11:00 LGBTQ 1:00- Week in Review 2:00 Fly with Thor 3:30 Cornell Arts/Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	27 12:00 Fruit, Bagels, and Coffee 1:00 Music
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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.

### **Birthday Gathering**

Cake and ice cream will be served @ 3:30 for this once a month birthday event.

### **Cards/Board Games**

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

### **Cornell Arts/Crafts**

Our friends from Cornell lead this fun class with a different craft each week. Materials are provided!

### **Depression Group**

This one hour group supports anyone encountering depression or signs of depression.

### **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!

### **Guided Meditation/Seated Yoga**

Everyone needs mental and physical quiet time. This group will focus on both meditation and seated yoga movements.

### **Jewelry Making**

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

### **Knit/Crochet**

Do you knit or crochet? Let's hang out as a group...join us each week and bring whatever you're working on!

### **Learn ASL**

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

### **LGBTQ Support Group**

This facilitated discussion group is held in a safe, comfortable environment.

### **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.

### **Week in Review**

Let's meet and review what our week has been like... personal life, work life, socially, etc. Share stories, experiences, and know you are not alone.

### **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.

### **WRAP Bingo**

Join us for Bingo every Tuesday following a holiday when we use wellness Recovery Action Plan lingo as the basis for the game.

### **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. \***