

The Jenkins Center



for Hope and Recovery

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

607-277-7337

301 South Geneva Street, Suite 109 Ithaca, NY

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12:00 Fruit, Bagels, and Coffee 1:00 Music
2 Closed	3 Closed	4 1:00 Jewelry Making	5 10-11:30 Learn ASL 1:00 WRAP 1:30-2:30 Art Journaling	6 Noon LUNCH 1:00 Knit & Crochet 5:30 Depression Group	7 1:00- Week in Review 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	8 12:00 Fruit, Bagels, and Coffee 1:00 Music
9 Closed	10 Closed	11 1:00 Jewelry Making 2-4:00 WRAP I w/Angie and Charles	12 10-11:30 Learn ASL 1:00 WRAP 1:30-2:30 Art Journaling	13 Noon LUNCH 1:00 Knit & Crochet 2-4:00 WRAP I w/Angie and Charles 5:30 Depression Group	14 1:00- Week in Review 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	15 12:00 Fruit, Bagels, and Coffee 1:00 Music
16 Closed	17 Closed	18 1:00 Jewelry Making	19 10-11:30 Learn ASL 1:00 WRAP 1:30-2:30 Art Journaling 4:00 Members' mtg.	20 Noon LUNCH 1:00 Knit & Crochet 2-4:00 WRAP I w/Angie and Charles 4:00 Bday Gathering 5:30 Depression Group	21 1:00- Week in Review 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	22 12:00 Fruit, Bagels, and Coffee 1:00 Music
23 Closed 30 Closed	24 Closed	25 1:00 Jewelry Making 2:00-4 WRAP Bingo	26 10-11:30 Learn ASL 1:00 WRAP 1:30-2:30 Art Journaling	27 Noon LUNCH 1:00 Knit & Crochet 2-4:00 WRAP I w/Angie and Charles 5:30 Depression Group	28 1:00- Week in Review 2:00 Fly with Thor 3:30-4:30 Young Adults 4:00 Advocacy Group	29 12:00 Fruit, Bagels, and Coffee 1:00 Music

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 on the 3rd Thursday @ 4:00 for this monthly birthday event.

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!

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!

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!

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)

Ongoing and as needed, this is a peer facilitated group to help participants work toward mental health recovery.

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.

WRAP I

This 11 session group hosted by Angie and Charles, will focus on developing a personal Wellness Recovery Action Plan. Each session builds on the previous session, therefore attendance for all 11 sessions is necessary.

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. ***