

The Jenkins Center



for Hope and Recovery

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

607-277-7337

301 South Geneva Street, Suite 109 Ithaca, NY

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Closed	2 Labor Day Closed	3 1:00 Women's Group 2-4:00 WRAP Bingo	4 1:30-2:30 Art Journaling 3:00 WRAP	5 11:00 Knitting Noon LUNCH 2-3 Poetry Group	6 11:00 Meditation 3:30 Cornell Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	7 12:00 Fruit, Bagels, and Coffee
8 Closed	9 Closed 10-noon WRAP I meets in Suite 107	10 1:00 Women's Group	11 1:30-2:30 Art Journaling 3:00 WRAP	12 11:00 Knitting Noon LUNCH 2-3 Poetry Group	13 11:00 Meditation 3:30 Cornell Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	14 12:00 Fruit, Bagels, and Coffee
15 Closed	16 Closed 10-noon WRAP I meets in Suite 107	17 1:00 Women's Group	18 1:30-2:30 Art Journaling 3:00 WRAP 4:00 Members' mtg.	19 11:00 Knitting Noon LUNCH 2-3 Poetry Group 4:00 Bday Gathering	20 11:00 Meditation 3:30 Cornell Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	21 12:00 Fruit, Bagels, and Coffee
22 Closed	23 Closed 10-noon WRAP I meets in Suite 107	24 1:00 Women's Group	25 1:30-2:30 Art Journaling 3:00 WRAP	26 11:00 Knitting Noon LUNCH 2-3 Poetry Group	27 11:00 Meditation 3:30 Cornell Crafts 3:30-4:30 Young Adults 4:00 Advocacy Group	28 12:00 Fruit, Bagels, and Coffee
29 Closed	30 Closed 10-noon WRAP I meets in Suite 107					

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.

Cornell Crafts

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

Knitting Group

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

Meditation

Need a relaxation technique? 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.

Poetry Group

Poetry offers a glimpse into the soul. Interpreting words communicates with our world view. Members can select their own poem from provided sources and after some time, we will share the poem and our interpretations. This group is about reflection and consideration. Every response is accepted!

Wellness Recovery Action Plan (WRAP)

Ongoing and as needed, this is 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 I

This 10 week session focuses on developing a personal wellness plan. Each session builds on the previous session, therefore attendance for all sessions is necessary.

WRAP Bingo

Join us for a monthly game of Bingo where we use wellness Recovery Action Plan vocabulary 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 that the center is open. ***