DECEMBER 2022

 **Happy Halloween**

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|  **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| Save the Date! NAMI HOLIDAY COMMUNITY OUTREACH PARTY12/3 11:00-Reuther Highschool |  |  | 19-CREATIVE WRITING10-DUAL RECOVERY11-MENS GROUP12- BUILDING MEANINGFUL RELATIONSHIPS1-GRIEF SUPPORT2-SMART | 2 9-EMOTIONS ANONYMOUS10-TALK TIME11-BAM12 –CARDS1-MH RECOVERY**2- BINGO**HOLIDAY MOVIE |
|  |  |  |  |  |
| 59-PEER 2 PEER10- BOUNDARIES11-DEPRESSION SUPPORT12-SMART1-WOMENS GROUP2-KAREOKE | 69- PROCOVERY10-BOUNDARIES & CODEPENDENCY11- ANGER MANAGEMENT12 – SKILLS1- SCHIZOPHRENIA SUPPORT2-DEFEATING LONLINESS**3:00 RELATIONSHIP RECOVERY** | 79- PANIC ATTACK & ANXIETY SUPPORT10- SELF ESTEEM BUILDING10-SEASONAL CRAFTS11- TRIVIA12-HOLIDAY BLUES/SAD1:00-STRESS MANAGEMENT1:30-YMCA | 89-CREATIVE WRITING10-DUAL RECOVERY11-MENS GROUP12- BUILDING MEANINGFUL RELATIONSHIPS1-GRIEF SUPPORT2-SMART | 99-EMOTIONS ANONYMOUS10-TALK TIME11-BAM12-CARDS1-MH RECOVERY2- HOLIDAY MOVIE |
|  |  |  |  |  |
| 129-PEER 2 PEER10- BOUNDARIES11-DEPRESSION SUPPORT12-SMART1-WOMENS GROUP2-KAREOKE | 139- PROCOVERY10-BOUNDARIES & CODEPENDENCY11-ANGER MANAGEMENT12**-**SKILLS1- SCHIZOPHRENIA SUPPORT2-DEFEATING LONELINESS | 149- PANIC ATTACK & ANXIETY SUPPORT10- SELF ESTEEM BUILDING10-SEASONAL CRAFTS11- TRIVIA12-HOLIDAY BLUES/SAD1:00-STRESS MANAGEMENT1:30-YMCA**1:30-TRAUMA RECOVERY**1***:30-TRAUMA RECOVERY*** | 159--CREATIVE WRITING10-DUAL RECOVERY11-MENS GROUP12- BUILDING MEANINGFUL RELATIONSHIPS1-GRIEF SUPPORT2-SMART | 169-EMOTIONS ANONYMOUS10-TALK TIME11-BAM12- CARDS1-MH RECOVERY**2- BINGO**HOLIDAY MOVIE |
| 199-PEER 2 PEER10- BOUNDARIES11-DEPRESSION SUPPORT12-SMART1-WOMENS GROUP2-KAREOKE | 209- PROCOVERY10-BOUNDARIES & CODEPENDENCY11- ANGER MANAGEMENT12- SKILLS1- SCHIZOPHRENIA SUPPORT2-DEFEATING LONELINESS**3:00 RELATIONSHIP RECOVERY** | 219- PANIC ATTACK & ANXIETY SUPPORT10- SELF ESTEEM BUILDING10-SEASONAL CRAFTS11- TRIVIA12-HOLIDAY BLUES/SAD1:00-STRESS MANAGEMENT1:30-YMCA | 229--CREATIVE WRITING10-DUAL RECOVERY11-MENS GROUP12- BUILDING MEANINGFUL RELATIONSHIPS1-GRIEF SUPPORT2-SMART | 23**UGLY SWEATER HOLIDAY PARTY!**KAREOKETRIVIABINGOLUNCHMOVIE |
| 269-PEER 2 PEER10- BOUNDARIES11-DEPRESSION SUPPORT12-SMART1-WOMENS GROUP2-KAREOKE | 27  9- PROCOVERY10-BOUNDARIES & CODEPENDENCY11- ANGER MANAGEMENT12- SKILLS1- SCHIZOPHRENIA SUPPORT2-DEFEATING LONELINESS | 289- PANIC ATTACK & ANXIETY SUPPORT10- SHOW & SHARE10-SEASONAL CRAFTS11- TRIVIA12-HOLIDAY BLUES/SAD1:00-STRESS MANAGEMENT1:30-YMCA**1:30-TRAUMA RECOVERY** | 299--CREATIVE WRITING10-DUAL RECOVERY11-MENS GROUP12- BUILDING MEANINGFUL RELATIONSHIPS1-GRIEF SUPPORT2-SMART | 309-EMOTIONS ANONYMOUS10-TALK TIME11-BAM12-CARDS1-MH RECOVERY**2- BINGO**HOLIDAY MOVIE |