DECEMBER 2022

**Happy Halloween**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| Save the Date!  NAMI HOLIDAY COMMUNITY OUTREACH PARTY  12/3  11:00-Reuther Highschool |  |  | 1  9-CREATIVE WRITING  10-DUAL RECOVERY  11-MENS GROUP  12- BUILDING MEANINGFUL RELATIONSHIPS  1-GRIEF SUPPORT  2-SMART | 2  9-EMOTIONS ANONYMOUS  10-TALK TIME  11-BAM  12 –CARDS  1-MH RECOVERY  **2- BINGO**  HOLIDAY MOVIE |
|  |  |  |  |  |
| 5  9-PEER 2 PEER  10- BOUNDARIES  11-DEPRESSION SUPPORT  12-SMART  1-WOMENS GROUP  2-KAREOKE | 6  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11- ANGER MANAGEMENT  12 – SKILLS  1- SCHIZOPHRENIA SUPPORT  2-DEFEATING LONLINESS  **3:00 RELATIONSHIP RECOVERY** | 7  9- PANIC ATTACK & ANXIETY SUPPORT  10- SELF ESTEEM BUILDING  10-SEASONAL CRAFTS  11- TRIVIA  12-HOLIDAY BLUES/SAD  1:00-STRESS MANAGEMENT  1:30-YMCA | 8  9-CREATIVE WRITING  10-DUAL RECOVERY  11-MENS GROUP  12- BUILDING MEANINGFUL RELATIONSHIPS  1-GRIEF SUPPORT  2-SMART | 9  9-EMOTIONS ANONYMOUS  10-TALK TIME  11-BAM  12-CARDS  1-MH RECOVERY  2- HOLIDAY MOVIE |
|  |  |  |  |  |
| 12  9-PEER 2 PEER  10- BOUNDARIES  11-DEPRESSION SUPPORT  12-SMART  1-WOMENS GROUP  2-KAREOKE | 13  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11-ANGER MANAGEMENT  12**-**SKILLS  1- SCHIZOPHRENIA SUPPORT  2-DEFEATING LONELINESS | 14  9- PANIC ATTACK & ANXIETY SUPPORT  10- SELF ESTEEM BUILDING  10-SEASONAL CRAFTS  11- TRIVIA  12-HOLIDAY BLUES/SAD  1:00-STRESS MANAGEMENT  1:30-YMCA  **1:30-TRAUMA RECOVERY**  1***:30-TRAUMA RECOVERY*** | 15  9--CREATIVE WRITING  10-DUAL RECOVERY  11-MENS GROUP  12- BUILDING MEANINGFUL RELATIONSHIPS  1-GRIEF SUPPORT  2-SMART | 16  9-EMOTIONS ANONYMOUS  10-TALK TIME  11-BAM  12- CARDS  1-MH RECOVERY  **2- BINGO**  HOLIDAY MOVIE |
| 19  9-PEER 2 PEER  10- BOUNDARIES  11-DEPRESSION SUPPORT  12-SMART  1-WOMENS GROUP  2-KAREOKE | 20  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11- ANGER MANAGEMENT  12- SKILLS  1- SCHIZOPHRENIA SUPPORT  2-DEFEATING LONELINESS  **3:00 RELATIONSHIP RECOVERY** | 21  9- PANIC ATTACK & ANXIETY SUPPORT  10- SELF ESTEEM BUILDING  10-SEASONAL CRAFTS  11- TRIVIA  12-HOLIDAY BLUES/SAD  1:00-STRESS MANAGEMENT  1:30-YMCA | 22  9--CREATIVE WRITING  10-DUAL RECOVERY  11-MENS GROUP  12- BUILDING MEANINGFUL RELATIONSHIPS  1-GRIEF SUPPORT  2-SMART | 23  **UGLY SWEATER HOLIDAY PARTY!**  KAREOKE  TRIVIA  BINGO  LUNCH  MOVIE |
| 26  9-PEER 2 PEER  10- BOUNDARIES  11-DEPRESSION SUPPORT  12-SMART  1-WOMENS GROUP  2-KAREOKE | 27  9- PROCOVERY  10-BOUNDARIES & CODEPENDENCY  11- ANGER MANAGEMENT  12- SKILLS  1- SCHIZOPHRENIA SUPPORT  2-DEFEATING LONELINESS | 28  9- PANIC ATTACK & ANXIETY SUPPORT  10- SHOW & SHARE  10-SEASONAL CRAFTS  11- TRIVIA  12-HOLIDAY BLUES/SAD  1:00-STRESS MANAGEMENT  1:30-YMCA  **1:30-TRAUMA RECOVERY** | 29  9--CREATIVE WRITING  10-DUAL RECOVERY  11-MENS GROUP  12- BUILDING MEANINGFUL RELATIONSHIPS  1-GRIEF SUPPORT  2-SMART | 30  9-EMOTIONS ANONYMOUS  10-TALK TIME  11-BAM  12-CARDS  1-MH RECOVERY  **2- BINGO**  HOLIDAY MOVIE |