



Bridges Community Center, Inc.

Peer Support, Advocacy and Empowerment
For Adults Recovering with Mental Illness

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9- PANIC ATTACK & ANXIETY SUPPORT 10- SELF ESTEEM BUILDING 11- TRIVIA 12-REFUGE RECOVERY 1- ART & CRAFTS 2-TRAUMA RECOVERY 3-WALK	2 9-CREATIVE WRITING 10-DUAL RECOVERY 11-MENS GROUP 12- GRIEF SUPPORT 1- SMART 2-WALK	3 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-BAM 12 –AODA SUPPORT 1-MH RECOVERY 2- BINGO 3-WALK
6 9-PEER 2 PEER 10- BOUNDARIES 11-DEPRESSION SUPPORT 12-SMART 1-WOMENS GROUP 2-KAREOKE 3-WALK	7 9- PROCOVERY 10-BOUNDARIES & CODEPENDENCY 11- ACT TOOLS OR PD 12 – SOCIAL SKILLS 1- SCHIZOPHRENIA SUPPORT 2-DEFEATING LONLINESS 3-RELATIONSHIP RECOVERY	8 9- PANIC ATTACK & ANXIETY SUPPORT 10- SELF ESTEEM BUILDING 11- TRIVIA 12-REFUGE RECOVERY 1-MEMBERS MEETING 2-TRAUMA RECOVERY 3-WALK	9 9-CREATIVE WRITING 10-DUAL RECOVERY 11-MENS GROUP 12- GRIEF SUPPORT 1-SMART 2-WALK	10 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-BAM 12-AODA SUPPORT 1-MH RECOVERY 2- BINGO 3-WALK
13 9-PEER 2 PEER 10- BOUNDARIES 11-DEPRESSION SUPPORT 12-SMART 1-WOMENS GROUP 2-KAREOKE 3-WALK	14 9- PROCOVERY 10-BOUNDARIES & CODEPENDENCY 11-ACT TOOLS OR PD 12- SOCIAL SKILLS 1- SCHIZOPHRENIA SUPPORT 2-DEFEATING LONELINESS 3-RELATIONSHIP RECOVERY	15 9- PANIC ATTACK & ANXIETY SUPPORT 10- SELF ESTEEM BUILDING 11- TRIVIA 12-REFUGE RECOVERY 1-ART & CRAFTS 2-TRAUMA RECOVERY 3-WALK	16 9--CREATIVE WRITING 10-DUAL RECOVERY 11-MENS GROUP 12- GRIEF SUPPORT 1-SMART 2-WALK	17 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-BAM 12- AODA SUPPORT 1-ST PATTYS LUNCH 2- BINGO
20 9-PEER 2 PEER 10- BOUNDARIES 11-DEPRESSION SUPPORT 12-SMART 1-WOMENS GROUP 2-KAREOKE 3-WALK	21 9- PROCOVERY 10-BOUNDARIES & CODEPENDENCY 11- ACT TOOLS OR PD 12- SOCIAL SKILLS 1- SCHIZOPHRENIA SUPPORT 2-DEFEATING LONELINESS 3-RELATIONSHIP RECOVERY	22 9- PANIC ATTACK & ANXIETY SUPPORT 10- SHOW & SHARE 11- TRIVIA 12-REFUGE RECOVERY 1-MEMBERS MEETING 2-TRAUMA RECOVERY 3-WALK	23 9--CREATIVE WRITING 10-DUAL RECOVERY 11-MENS GROUP 12- GRIEF SUPPORT 1-SMART 2-WALK	24 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-BAM 12- AODA SUPPORT 1-MH RECOVERY 2- BINGO 3-WALK
27 9-PEER 2 PEER 10- BOUNDARIES 11-DEPRESSION SUPPORT 12-SMART 1-WOMENS GROUP 2-KAREOKE 3-WALK	28 9- PROCOVERY 10-BOUNDARIES & CODEPENDENCY 11- ACT TOOLS OR PD 12- SOCIAL SKILLS 1- SCHIZOPHRENIA SUPPORT 2-DEFEATING LONELINESS 3-RELATIONSHIP RECOVERY	29 9- PANIC ATTACK & ANXIETY SUPPORT 10- SHOW & SHARE 11- TRIVIA 12-REFUGE RECOVERY 1-ARTS & CRAFTS 2-TRAUMA RECOVERY 3-WALK	30 9--CREATIVE WRITING 10-DUAL RECOVERY 11-MENS GROUP 12- GRIEF SUPPORT 1-SMART 2-WALK	31 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-BAM 12- AODA SUPPORT 1-MH RECOVERY 2- BINGO 3-WALK

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