



# Bridges Community Center, Inc.

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

## SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	YMCA IS COMING BACK! TBA	Movie Group is back this Fall!  Thursdays 11-1  Followed by Bingo!	CREATIVE WRITING IS BACK ON FRIDAYS	1 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11- CREATIVE WRITING 12-SMART 1-MENTAL HEALTH RECOVERY
4  Closed for the holiday	5 9- PROCOVERY 10- WALK/JOURNAL/WRAP 11-SELF ESTEEM BUILDING 12-ANGER MANAGEMENT 1-DEPRESSION SUPPORT  3-RELATIONSHIP RECOVERY	6 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-SCHIZOPHRENIA SUPPORT 12-Refuge Recovery 1-TBA 2-TRAUMA RECOVERY	7 9—DUAL RECOVERY 10-MENS GROUP 11- 1 MOVIE GROUP 1-BINGO  YMCA	8 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11- CREATIVE WRITING 12-SMART 1-MENTAL HEALTH RECOVERY
11 9-PEER 2 PEER 10- SMART 11-Womens Group 12-WALK/JOURNAL/WRAP 1-TBA  YMCA	12 9- PROCOVERY 10- WALK/JOURNAL/WRAP 11-SELF ESTEEM BUILDING 12-ANGER MANAGEMENT 1-DEPRESSION SUPPORT  3-RELATIONSHIP RECOVERY	13 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-SCHIZOPHRENIA SUPPORT 12-REFUGE RECOVERY 1-TBA 2-TRAUMA RECOVERY	14 9—DUAL RECOVERY 10-MENS GROUP 11-1 MOVIE GROUP 1-BINGO  YMCA	15 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11- CREATIVE WRITING 12-SMART 1-MENTAL HEALTH RECOVERY
18 9-PEER 2 PEER 10- SMART 11-Womens Group 12-WALK/JOURNAL/WRAP 1-TBA  YMCA	19 9- PROCOVERY 10- WALK/JOURNAL/WRAP 11-SELF ESTEEM BUILDING 12-ANGER MANAGEMENT 1-DEPRESSION SUPPORT  3-RELATIONSHIP RECOVERY	20 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-SCHIZOPHRENIA SUPPORT 12-Refuge Recovery 1-TBA 2-TRAUMA RECOVERY	21 9—DUAL RECOVERY 10-MENS GROUP 11-1 MOVIE GROUP 1-BINGO  YMCA	22 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11- CREATIVE WRITING 12-SMART 1-MENTAL HEALTH RECOVERY
25 9-PEER 2 PEER 10- SMART 11-Womens Group 12-WALK/JOURNAL/WRAP 1-TBA  YMCA	26 9- PROCOVERY 10- WALK/JOURNAL/WRAP 11-SELF ESTEEM BUILDING 12-ANGER MANAGEMENT 1-DEPRESSION SUPPORT  3-RELATIONSHIP RECOVERY	27 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-SCHIZOPHRENIA SUPPORT 12-Refuge Recovery 1-TBA 2-TRAUMA RECOVERY	28 9—DUAL RECOVERY 10-MENS GROUP 11-1 MOVIE GROUP 1-BINGO  YMCA	29 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11- CREATIVE WRITING 12-SMART 1-MENTAL HEALTH RECOVERY