




# Bridges Community Center, Inc.

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

## FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>You have to grow, you have to be, you have to love yourself unconditionally.</i></p> <p><i>Dominic Riccitello</i></p>		<p>1 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-TBA</p>	<p>2 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-ART <b>12-MOVIE</b></p>
<p>5 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-WOMENS GROUP 12-SMART</p>	<p>6 9- PROCOVERY 10- SCHIZOPHRENA &amp; SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION &amp; ANXIETY 12-SKILLS 4 LIFE  3-RELATIONSHIP RECOVERY</p>	<p>7 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-SOBEROKEE  2-TRAUMA RECOVERY</p>	<p>8 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-TBA</p>	<p>9 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-ART <b>12-BINGO</b></p>
<p>12 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-WOMENS GROUP 12-SMART</p>	<p>13 9- PROCOVERY 10- SCHIZOPHRENA &amp; SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION &amp; ANXIETY 12-SKILLS 4 LIFE  3-RELATIONSHIP RECOVERY</p>	<p>14 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING <b>12-HOLIDAY BINGO</b> 1-SOBEROKEE  2-TRAUMA RECOVERY</p>	<p>15 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-TBA</p>	<p>16 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-ART <b>12-MOVIE</b></p>
<p>19 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-WOMENS GROUP 12-SMART</p>	<p>20 9- PROCOVERY 10- SCHIZOPHRENA &amp; SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION &amp; ANXIETY 12-SKILLS 4 LIFE  3-RELATIONSHIP RECOVERY</p>	<p>21 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-SOBEROKEE  2-TRAUMA RECOVERY</p>	<p>22 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-TBA</p>	<p>23 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-ART <b>12-BINGO</b></p>
<p>26 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-WOMENS GROUP 12-SMART</p>	<p>27 9- PROCOVERY 10- SCHIZOPHRENA &amp; SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION &amp; ANXIETY 12-SKILLS FOR LIFE  3-RELATIONSHIP RECOVERY</p>	<p>28 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING <b>12-MEMBERSHIP MEETING</b> 1-SOBEROKEE  2-TRAUMA RECOVERY</p>	<p>29 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-TBA</p>	<p>Open Hours Monday-Friday 8:30-2:30</p>



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