



Bridges Community Center, Inc.

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

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-ANXIETY SUPPORT 12-SMART 1-OPEN TOPIC</p>	<p>2 9- PROCOVERY 10- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLS 4 LIFE 1-WALKING GROUP 3-RELATIONSHIP RECOVERY</p>	<p>3 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-SOBEROKEE 2-TX COURT ALUMI MEETING 3-TRAUMA RECOVERY</p>	<p>4 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-WALKING GROUP</p>	<p>5 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-ART 12-WALKING GROUP 1-MOVIE</p>
<p>8 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-ANXIETY SUPPORT 12-SMART 1-OPEN TOPIC</p>	<p>9 9- PROCOVERY 10- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLS 4 LIFE 1-WALKING GROUP 3-RELATIONSHIP RECOVERY</p>	<p>10 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-SOBEROKEE 2-TX COURT ALUMI MEETING 3-TRAUMA RECOVERY</p>	<p>11 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-WALKING GROUP</p>	<p>12 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-ART 12-WALKING GROUP 1-BINGO</p>
<p>15 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-ANXIETY SUPPORT 12-SMART 1-OPEN TOPIC</p>	<p>16 9- PROCOVERY 10- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLS 4 LIFE 1-WALKING GROUP 1--RELATIONSHIP RECOVERY</p>	<p>17 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-SOBEROKEE 2-TX COURT ALUMI MEETING 3-TRAUMA RECOVERY</p>	<p>18 9—DUAL RECOVERY 10-MENS GROUP 11-SELF ESTEEM 12-WELLNESS GROUP 1-WALKING GROUP</p>	<p>19 9-EMOTIONS ANONYMOUS 10-BIPOLAR SUPPORT 11-ART 12-WALKING GROUP 1-MOVIE</p>
<p>22 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-ANXIETY SUPPORT 12-SMART 1-OPEN TOPIC</p>	<p>23 9- PROCOVERY 10- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLS 4 LIFE 1-WALKING GROUP 3-RELATIONSHIP RECOVERY</p>	<p>24 9- PANIC ATTACK SUPPORT 10- TRIVIA 11-CREATIVE WRITING 12-MEMBERS MEETING 1-SOBEROKEE 2-TX COURT ALUMNI MEETING 3-TRAUMA RECOVERY</p>	<p>25 BRIDGES WILL CLOSE AT 12 OR BE CLOSED FOR THE DAY. HAS YET TO BE DETERMINED TBA</p>	<p>26 BRIDGES WILL CLOSE AT 12 OR BE CLOSED FOR THE DAY. HAS YET TO BE DETERMINED TBA</p>
<p>29 9-PEER 2 PEER 10- DEFEATING LONLINESS 11-ANXIETY SUPPORT 12-SMART 1-OPEN TOPIC</p>	<p>30 9- PROCOVERY 10- SCHIZOPHRENIA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLS FOR LIFE 1-WALKING GROUP 3-RELATIONSHIP RECOVERY</p>			