







Bridges Community Center, Inc.

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

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	2 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1-TBA 3-RELATIONSHIP RECOVERY	3 10- TRIVIA 11-SOBEROKEE 12-LUNCH 1-HOLIDAY BINGO 2-TX COURT 3-TRAUMA RECOVERY	4 <i>Closed for Holiday</i> 	5 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
8 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	9 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1-TBA 3-RELATIONSHIP RECOVERY	10 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY	11 10-MENS GROUP 11-PEER SUPPORT 12-WELLNESS GROUP 1-VETERANS SUPPORT	12 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
15 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	16 <i>Closed for Camping</i> 	17 <i>Closed for Camping</i> 	18 <i>Closed for Camping</i> 	19 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
22 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	23 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-MEMBERS MEETING 1-TBA 3-RELATIONSHIP RECOVERY	24 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY	25 10-MENS GROUP 11-PEER SUPPORT 12-WELLNESS GROUP 1-VETERANS SUPPORT	26 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
29 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	30 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-WALKING GROUP 1-TBA 3-RELATIONSHIP RECOVERY	31 10- TRIVIA 11-CREATIVE WRITING 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY	<i>Bingo to be Announced</i>	<i>Members Meeting will be held on July 23 at 12:00</i>

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