



Bridges Community Center, Inc.

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

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED FOR LABOR DAY	3 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLZ FOR LIFE 1-BINGO 3-RELATIONSHIP RECOVERY	4 10- TRIVIA 11-THOUGHTS & FEELINGS 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY	5 10-MENS GROUP 11- DBT TOOLS 12-WELLNESS GROUP 1-VETERANS SUPPORT	6 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
9 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	10 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLZ FOR LIFE 1-EMOTIONS ANONYMOUS 3-RELATIONSHIP RECOVERY	11 10- TRIVIA 11-THOUGHTS & FEELINGS 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY	12 10-MENS GROUP 11- DBT TOOLS 12-WELLNESS GROUP 1-MOVIE	13 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
16 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	17 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLS FOR LIFE 1-EMOTIONS ANONYMOUS 3-RELATIONSHIP RECOVERY	18 10- TRIVIA 11-THOUGHTS & FEELINGS 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY	19 10-MENS GROUP 11-DBT TOOLS 12-WELLNESS GROUP 1-VETERANS SUPPORT	20 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
23 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM	24 10- SCHIZOPHRENA & SCHIZOAFFECTIVE SUPPORT 11-DEPRESSION SUPPORT 12-SKILLS FOR LIFE 1-EMOTIONS ANONMYMOUS 3-RELATIONSHIP RECOVERY	25 10- TRIVIA 11-THOUGHTS & FEELINGS 12-REFUGE RECOVERY 1-BIPOLAR SUPPORT 2-TX COURT 3-TRAUMA RECOVERY	26 10-MENS GROUP 11-DBT TOOLS 12-WELLNESS GROUP 1-MOVIE	27 10-PROCOVERY 11-ART 12-DUAL RECOVERY 1-SOBEROKEE
30 10- WOMENS GROUP 11-ANXIETY & PANIC SUPPORT 12-SMART 1-BUILDING SELF-ESTEEM				

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