



## Quincy RCC, July 2018

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RCC Hours: Monday-Friday, 8:30-3p, Tuesdays, 4:30-6p TAY Group on 7/17 Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/2	7/3	7/4	7/5	7/6
<b>10-11</b> Mindfulness/Meditation <b>11:30-12:30</b> Discovery Recovery <b>1-2</b> Peer Support	<b>10-11</b> Recovery 101 <b>12-1</b> DRA <b>1-2</b> Eight Dimensions of Wellness	<b>RCC Closed for the 4<sup>th</sup> of July</b>	<b>10-11</b> Peer Support <b>12-1</b> Dimensions of Wellness <b>1:30-2:30</b> Nature	<b>10-11</b> Music and Song <b>11:30-12:30</b> Arts and Crafts <b>1-3</b> Afternoon at the Movies
7/9	7/10	7/11	7/12	7/13
<b>10-11</b> Mindfulness/Meditation <b>11:30-12:30</b> Discovery Recovery <b>1-2</b> Peer Support	<b>10-11</b> Recovery 101 <b>12-1</b> DRA <b>1-2</b> Financial Peace	<b>10-11</b> Discovery Recovery <b>11:30-12:30</b> Eight Dimensions of Wellness <b>1-2</b> Community Dialogue	<b>10-11</b> Peer Support <b>12-1</b> Dimensions of Wellness <b>1:30-2:30</b> Nature	<b>10-11</b> Music and Song <b>11:30-12:30</b> Arts and Crafts <b>1-3</b> Afternoon at the Movies
7/16	7/17	7/18	7/19	7/20
<b>10-11</b> Mindfulness/Meditation <b>11:30-12:30</b> Discovery Recovery <b>1-2</b> Peer Support	<b>10-11</b> Recovery 101 <b>12-1</b> DRA <b>1-2</b> Eight Dimensions of Wellness  <b>4:30-6</b> Young Adult Group	<b>10-11</b> Discovery Recovery <b>11:30-12:30</b> Eight Dimensions of Wellness <b>1-2</b> Community Dialogue	<b>10-11</b> Peer Support <b>12-1</b> Dimensions of Wellness <b>1:30-2:30</b> Prescription Drug Misuse	<b>10-11</b> Music and Song <b>11:30-12:30</b> Arts and Crafts <b>1-3</b> Afternoon at the Movies
7/23	7/24	7/25	7/26	7/27
<b>10-11</b> Mindfulness/Meditation <b>11:30-12:30</b> Discovery Recovery <b>1-2</b> Peer Support	<b>10-11</b> Recovery 101 <b>12-1</b> Peer Support <b>1-2</b> <b>Express Yourself Art Group</b>	<b>10-11</b> Discovery Recovery <b>11:30-12:30</b> Eight Dimensions of Wellness <b>1-2</b> Community Dialogue	<b>10-11</b> Peer Support <b>12-1</b> Elements of WRAP <b>1:30-2:30</b> Wellness – Opioid Misuse	<b>10-11</b> Music and Song <b>11:30-12:30</b> Arts and Crafts <b>1-3</b> Afternoon at the Movies
7/30	7/31			
<b>10-11</b> Mindfulness/Meditation <b>11:30-12:30</b> Discovery Recovery <b>1-2</b> Peer Support	<b>10-11</b> Recovery 101 <b>12-1</b> Peer Support <b>1-2</b> DRA			

Calendar Note: **Express Yourself Art Group** will be on Tuesday, July 24<sup>th</sup> from 1-2pm.

Calendars created by Liz D'Uva. Calendars can be viewed on our website @ [www.southeastrlc.org](http://www.southeastrlc.org)