



March 2022

509 Market St. East Liverpool OH.43920, 330-385-7000

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:30-11:00 Quote 11:00- 12:00 Eating Disorder Awareness week 1:00- 2:00 Budgeting for Spring 2:15-3:00 Scene it	10:30-10:50 Member led Announcements 11:00-12:00 Psychosis 12:45-1:45 PRRC BINGO 2:00-3:00 SPA- Day	10:30-11:00 Grounding exercises 11:00-12:00 Self-doubt 1:00-2:00 Jewelry making crafts 2:10-3:00 Grocery store savings	10:30- 11:00 Highs N lows 11:00-12:00 Karaoke or music by request 1:00- 2:00 Sequence or spoons 2:10-3:00 Name 5
7	8	9	10	11
10:30-11:00 Clip chat 11:00-12:00 Case management helps 1:00-2:00 Spring crafts 2:00-3:00 Journaling or Puzzles	10:30-10:45 Chair yoga 11:00-12:00 Improving Focus & concentration 1:00- 2:00 Center decorations or Journaling prompt competition 2:00-2:45 Music	10:30-11:00 WTD 11:00 to 12:00 Reading social cues 1:00-2:00 Spirituality in recovery 2:10-3:00 Pictionary	10:30-10:50 Meditation 11:00-12:00 Personality disorders, Cluster A 1:00-2:00 Reading social ques 2:10-3:00 Group art project	10:30-11:00 Highs N lows 11:00-12:00 Peer services Focus group St Patrick Day Shamrock shakes 2:00-3:00 Corn hole or golfing
14	15	16	17	18
10:30-11:00 Fast fitness 11:00-12:00 Fear of Abandonment 1:00-2:00 New coping skills 2:10-3:00 Family Feud	10:30-11:00 Mindfulness 11:00- 12:00 Managing stress 1:00-2:00 Aroma therapy 2:10-3:00 Lets make a deal- Budgeting	10:30-1:30 Lunch N fun "Self -Care" with Maureen 1:30-2:00Takeaways 2:10-3:00 Name that tune	10:30-11:00 Quote 11:00-12:00 Personality disorders: Cluster B 1:00-1:45 DBT skills 2:00-3:00 Corn hole or music	10:30-11:00 Highs N lows 11:00-12:00 Member lead Open discussion 12:45-2:00 BINGO 2:10-3:00 Name that tune
21	22	23	24	25
10:30-11:00 Current events 11:00-12:00 Decision making 1:00-2:00 Wellness box 2:10-3:00 Inspirational art	10:30-12:30 Movie & snacks "Rocky" 1:00-2:00 Perseverance 2:10-3:00 Uno or Group art project	10:30-11:00 Clip chat 11:00-12:00 "My Journey" 1:00-2:00 Hygiene tips 2:15-3:00 SPA- day	10:30-11:00 WTD 11:00-12:00 Personality disorders: Cluster C 1:00-2:00 Affirmations 2:10- 3:00 Inspiration boards or music	10:30-11:00 2 little 2 much 11:00-12:00 Karaoke or open mic 1:00-2:30 Lets make a deal 2:30-3:00 Brain teasers
28	29	30	31	
10:30-11:00 Quote 11:00-12:00 Awareness & sensitivity 1:00-2:45 Paint & sip or games 2:45-3:00 music	10:30-11:00 Meditation 11:00-12:00 Anger management skills 1:00-2:30 Community resources Jeopardy 2:30-3:00 Cards	10:30-11:00 Yoga 11:00-12:00 Cooking Lesson 1:00-2:00 Sleep & your mood 2:00-3:00 Charades	10:30-11:00 WTD 11:00-12:00 Positive influences 1:00-2:00 Accountability 2:00-3:00 Team building	