



Recovery Zone

440 S. St. Paris Street, Bellefontaine, OH 4331

11am-3pm: (937)593-9391 / Crisis/After Hours: (See Below)

"Shining a Light on the Path to Recovery"

November 2020 Daily Schedule

****ONE-ON-ONE PEER SUPPORT SERVICES AVAILABLE 24/7, ALONG WITH WARM PHONE LINE
- CONTACT (937)407-4547 OR (937)205-5274**

REMOTE MEETING ACCESS AVAILABLE ** ZOOM Meeting ID 937-407-4547

Please contact us with any issues

EXPANDED Transportation available - Lunch provided Mon-Fri at Noon

Sundays

5pm **NA** Steps & Tradition (Open Discussion)

7pm **AA** New Life Beginners (Open Discussion)

Mondays

10am & 2pm Walk-In's & Scheduled One-on-One PRS

11am Check-In Group w/Kathy**

1pm Expressive Sharing w/Penny**

5:30pm **NA** Just for Today (Open Discussion)

Tuesdays

10am & 2pm Walk-In's & Scheduled One-on-One PRS

11am Substance-Use Disorder Group w/Kathy**

1pm Therapist-Led Rotating SUD/BH Group with Community Health & Wellness Partners)

Wednesdays

10am & 2pm Walk-In's & Scheduled One-on-One PRS

11am Mindfulness/Meditation w/Kathy**

1pm SAMHSA Action Planning for Prevention & Recovery w/Penny**

Thursdays

8am **AA** Literature Study (Open Reading)

9:30am Women's 12-Step Recovery (*Contact Kathy if interested*)

10am & 2pm Walk-In's & Scheduled One-on-One PRS

11am Understanding Mental Health w/Penny

1pm B-I-N-G-O (FUN! w/positive affirmations, member-led)

Fridays

11am-2pm **ON-SITE** Activity (Due to COVID restrictions, we are unable to transport for Offsite activities)

7:30pm **NA** Guiding Principles (Open Reading)

Saturdays

12pm **AA** Living Sober (Open Reading) ****Alternate location: Ratliff Park shelter****

6pm **AA** Open Beginner's 12-Step (Open Reading)

STAFF: Kathy, CPRS (937)407-4547 JR, Driver (937)597-2607 Penny, CPRS (937)205-5274