

*Take the #9 bus to the Heath Ct. stop (travelling toward uptown) **OR** the Oakland Ave. stop (travelling from uptown).
 Walk to the intersection of Hawthorne & Central, turn left on Hawthorne and walk about 2000 feet (5 minutes).
 Our building is on the left just past the railroad bridge.*

Mon	Tue	Wed	Thu	Fri	Sat
2 **11-12p Basic Computer Instruction 2-3p Spiritual Wellness (1)	3 1-2p Dual Recovery Support Group (1)	4 10-12p WRAP #1 (1) 2-3p Yoga (1)	5 11-12p Men's Group (1) 2-3p Developing & Maintaining Friendships (1)	6 1-2p Women's Group (2) 2-4p Improv (1)	7
9 **10:30-1:30p Mental Health Recovery: The Future (1) 2-3:30p Creative Self-Expression (2)	10 **9-12p Defining Wellness: Crisis Planning Pt. I (1) **10-12p You're Hired (2) 1-2p Dual Recovery Support Group (1)	11 10-12p WRAP #2 (1) 2-3p Yoga (1)	12 **10-12p You're Hired (2) 11-12p Men's Group (1) 2-3p Feel the Fear & Do it Anyway Pt. I (1)	13 11-12p Meditation (1) 1-2p Women's Group (2) 2-4p Improv (1)	14 11-12p Zumba Dance (1)
16 MLK DAY OFFICES CLOSED	17 **9-12p Defining Wellness: Crisis Planning Pt. II (1) **10-12p You're Hired (2) 1-2p Dual Recovery Support Group (1) 2-3p Creative Writing (2)	18 10-12p WRAP #3 (1) 2-3p Yoga (1)	19 **10-12p You're Hired (2) 11-12p Men's Group (1) 2-3p Feel the Fear & Do it Anyway Pt. II (1)	20 10:30-12p Advocacy 101: A Ripple of Hope (1) 1-2p Women's Group (2) 2-4p Improv (1)	21
23 **10-12:30p Understanding Behavior (1) 2-3p Spiritual Wellness (1)	24 **10-12p You're Hired (2) 1-2p Dual Recovery Support Group (1) 2:30-3:30p How to get Everything You Want (1)	25 10-12p WRAP #4 (1) 2-3p Yoga (1)	26 **10-12p You're Hired (2) 11-12p Men's Group (1) **1-2p Basic Computer Instruction 2-3p Feel the Fear & Do it Anyway Pt. III (1)	27 11-12p Meditation (1) 1-2p Women's Group (2) 2-4p Improv (1)	28
30 1-2p How to Build your Self-Esteem (1) 2-3:30p Creative Self-Expression (2)	31 **10-12p You're Hired (2) 1-2p Dual Recovery Support Group (1)		CALENDAR KEY: CLASSES MARKED WITH 2 ASTERISKS ARE: ** REGISTRATION REQUIRED. PLEASE CALL THE ABOVE # TO REGISTER (1)= Classroom #1 (2)= Classroom #2		