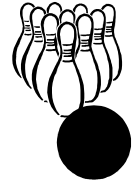




Unique Peerspectives

February 2012



Monthly Calendar

**Need to sign-up for these events*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bus Pass Support Group 10-11 Creative Expressions 1-2 Walking Club 1:30-2:30 *Reiki 2-3 Open Hours 12:30-4:30	2 Support Group 10-11 Pain Management 1:00-2:00 Yoga 3-4 Open Hours 12:30-4:30	3 Bus Pass Support Group 12:00-1:00	4 Valentines Day party 12-3 Chanting Group 3:00-3:30
5 Movies/Games Popcorn Support Group 1-2	6 Support Group 11-12 Women's Group 1:00-2:00 Creative Expressions 1-2 Dual Diagnosis Recovery Group 2-3 Open Hours 12:30-4:30	7 Support Group 10-11 Men's Group 11:30-12:30 Open Hours 12:30-4:30	8 Support Group 10-11 Creative Expressions 1-2 Walking Club 1:30-2:30 Open Hours 12:30-4:30	9 Support Group 10-11 Pain Management 1:00-2:00 Yoga 3-4 Open Hours 12:30-4:30	10 Support Group 12:00-1:00	11 *Participants' Meeting & Pizza Party 1 PM Chanting Group 3:00-3:30
12 Movies/Games Popcorn Support Group 1-2	13 Support Group 11-12 Women's Group 1:00-2:00 Dual Diagnosis Recovery Group 2-3 Open Hours 12:30-4:30	14 Support Group 10-11 Men's Group 11:30-12:30 Open Hours 12:30-4:30	15 Support Group 10-11 Birthday Celebration 12:00-1:00 MHEP Presentation 1 -2 Walking Club 1:30-2:30 *Reiki 2-3 Open Hours 12:30-4:30	16 Support Group 10-11 Crocheting Class 11-12 Pain Management 1:00-2:00 Yoga 3-4 Open Hours 12:30-4:30	17 Support Group 12:00-1:00	18 On Your Own Activities Chanting Group 3:00-3:30
19 Movies/Games Popcorn Support Group 1-2	20 Support Group 11-12 Creative Expressions 1-2 Women's Group 1:00-2:00 Dual Diagnosis Recovery Group 2-3 Open Hours 12:30-4:30 *Dinner & Movie @ UP 4-8 PM	21 Support Group 10-11 Men's Group 11:30-12:30 Open Hours 12:30-4:30	22 Support Group 10-11 Walking Club 1:30-2:30 Open Hours 12:30-4:30	23 Support Group 10-11 Pain Management 1:00-2:00 Yoga 3-4 Open Hours 12:30-4:30	24 Support Group 12:00-1:00	25 *Bowling @ Flamingo Bowl 12-3 Chanting Group 3:00-3:30
26 Movies/Games Popcorn Support Group 1-2	27 Support Group 11-12 Women's Group 1:00-2:00 Dual Diagnosis Recovery Group 2-3 Open Hours 12:30-4:30	28 Support Group 10-11 Men's Group 11:30-12:30 Open Hours 12:30-4:30 *Wellness Group 4:30-6:30	29 Support Group 10-11 Walking Club 1:30-2:30 Hearing Voices 3-4 Open Hours 12:30-4:30			
	Open Hours Open Hours start at 12:30 Mon - Fri Prior to 12:30 please only come for recovery based activity (Group, 1 on 1 or computer use) Warm Line Hours are 12 - 4 pm Mon - Fri		Center Hours Monday 10:30-4:30 pm Tuesday - Thursday 9:30-4:30 pm Friday 11:30-4:30 pm Saturday 9:30-4:00 pm Sunday 9:00-3:00 pm		The following classes are by appointment only throughout the month: Piano Lessons w/Tom	

February 2012

Schedule of Events

*Sign up is necessary for the following

<u>Date/Time</u>	<u>Activity</u>	<u>Information</u>
Wednesday 02/01 & 02/15/12 2 - 3 pm	Reiki at UP	Free limited to 8 people per group
Saturday 02/04/12 12-3 pm	Valentines Day Party @ UP	Free
Saturday 02/11/12 1 pm	Participants Meeting & Pizza Party	Free
Monday 02/20/12 4 - 8 pm	Dinner and a Movie @ UP	Free no rides
Saturday 02/25/12 12:00 - 3:00 pm	Bowling @ Flamingo Bowl	\$6.25 deposit (1st game/shoes) \$3.50 each additional game Rides from and to UP only
Tuesday 02/28/12 4:30 - 6:30 pm	Wellness Group @ UP	Free no rides

All persons must sign up at least 3 days in advance for activities in advance or you may not be accommodated.