

# Recovery Center of Hamilton County

## Online Class Schedule | February 10th, 2025 - April 18th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 a.m.	<p><b>Celebrating Our Spirit as LGBTQIA+</b> Fred/Zoom</p> <p>Call-In: +1 312 626 6799 Meeting ID: 819 7036 4684</p>		<p><b>Cultivating A Spirituality of Joy &amp; Beauty</b> Fred/Zoom</p> <p>Call In: +1 312 626 6799 Meeting ID: 819 7036 4684</p> <hr/> <p><b>Courage To Cure Codependency</b> Remeka / Zoom</p> <p>Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382</p>	<p><b>Staying Spiritually Grounded in Tough Times</b> Fred/Zoom</p> <p>Call-In: +1 312 626 6799 Meeting ID: 819 7036 4684</p>	<p><b>Peer-Led D.B.T* Emotion Regulation:</b> Mary/Zoom</p> <p>Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382</p>
11:45 a.m	<p><b>Meditation*</b> Amanda / Zoom</p> <p>Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382</p>				<p><b>Finding Calm Through Coping Tactics*:</b> Amanda/Zoom</p> <p>Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382</p>
7:00 p.m.	<p><b>7 at 7 Daily Peer Support Check-in on Zoom Offered 7 days a week</b> Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382</p>				
8:15 p.m.	<p><b>Music Appreciation:</b> David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382</p>	<p><b>Brain Games:</b> David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382</p>	<p><b>Me &amp; My Family</b> David / Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382</p>	<p><b>WHAM (Goal Setting):</b> David/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382</p>	<p><b>LGBTQIA+ &amp; Friends:</b> David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382</p>