

Recovery Center of Hamilton County

Online Class Schedule | April 28th, 2025 - July 4th, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 a.m.			Cultivating A Spirituality of Joy & Beauty Fred/Zoom Call In: +1 312 626 6799 Meeting ID: 819 7036 4684	Staying Spiritually Grounded in Tough Times Fred/Zoom Call-In: +1 312 626 6799 Meeting ID: 819 7036 4684	Peer-Led D.B.T* Emotion Regulation: Mary/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382
11:45 a.m.	Organize Your Life* Ilana (ART) Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382				Better Communication*: Amanda/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382
1:30 PM	Assertiveness* Christine/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382				
7:00 p.m.	7 at 7 Daily Peer Support Check-in on Zoom Offered 7 days a week Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382				
8:15 p.m.	Music Appreciation: David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	Brain Games: David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382	Me & My Family David / Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	Money Saving and Mental Health David/Zoom Call-In:+1 312 626 6799 Meeting ID: 834 6836 5382	LGBTQIA+ & Friends: David/Zoom Call-In: +1 312 626 6799 Meeting ID: 834 6836 5382

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