

# Recovery Center of Hamilton County

## Online Class Schedule | September 2nd, 2024 to November 8th, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 a.m.	<b>Celebrating Our Spirit as LGBTQIA+</b> Fred/Zoom  <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 819 7036 4684		<b>Finding Your A-Game*</b> Yolonda/Zoom  <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382  <b>Cultivating A Spirituality of Joy &amp; Beauty</b> Fred/Zoom  <b>Call In:</b> +1 312 626 6799 <b>Meeting ID:</b> 819 7036 4684	<b>Staying Spiritually Grounded in Tough Times</b> Fred/Zoom  <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 819 7036 4684	<b>Peer-Led D.B.T* Emotion Regulation:</b> Mary/Zoom  <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382	
11:45 a.m			<b>Grief Support &amp; Guidance*:</b> Yolonda/ Zoom  <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382		<b>Me &amp; My Family*:</b> Mary & David /Zoom  <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382	
1:30 p.m.			<b>LGBTQIA+ &amp; Friends</b> David/Zoom  <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382			
7:00 p.m.	<b>7 at 7 Daily Peer Support Check-in on Zoom Offered 7 days a week</b> <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382					
8:15 p.m.	<b>Anxiety Class &amp; Workbook:</b> David/Zoom <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382	<b>Meditate and Wind Down:</b> David/Zoom <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382	<b>Me &amp; My Family</b> David/ Zoom <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382	<b>WHAM (Goal Setting):</b> David/Zoom <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382	<b>LGBTQIA+ &amp; Friends:</b> David/Zoom <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382	<b>Assertiveness:</b> David/ Zoom <b>Call-In:</b> +1 312 626 6799 <b>Meeting ID:</b> 834 6836 5382

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