

# October 2019

## THIS MONTH

**THU OCT 17 5PM:**  
BOARD MEETING

**FRI OCT 25 1PM:**  
ALL STAFF MEETING

**THU OCT 31 12PM:**  
FALL BALL!



# CAPITAL RECOVERY CENTER

A PEER-SUPPORTED COMMUNITY BUILDING HOPE

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Writing Expressions 12:00-1:00 Social Skills 1:00-3:00 Up's & Down's 1:00-3:00 Advocacy 101	<b>2</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 DBT Skills 12:00-1:00 Social Skills Community Meeting 1:00-3:00 Facing Anger 1:00-3:00 Emotional Freedom	<b>3</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Ups & Downs 12:00-1:00 Social Skills 1:00-3:00 Self-Esteem 1:00-3:00 Games	<b>4</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Voices & Visions 12:00-1:00 Social Skills 1:00-3:00 Recovery Music 1:00-3:00 Art Studio
<b>7</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Boundaries 12:00-1:00 Social Skills 1:00-3:00 Men's Issues 1:00-3:00 Art Studio	<b>8</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Writing Expressions 12:00-1:00 Social Skills 1:00-3:00 Up's & Down's 1:00-3:00 Advocacy 101	<b>9</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 DBT Skills 12:00-1:00 Social Skills Community Meeting 1:00-3:00 Facing Anger 1:00-3:00 Emotional Freedom	<b>10</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Ups & Downs 12:00-1:00 Social Skills 1:00-3:00 Self-Esteem 1:00-3:00 Games	<b>11</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Voices & Visions 12:00-1:00 Social Skills 1:00-3:00 Recovery Music 1:00-3:00 Art Studio
<b>14</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Boundaries 12:00-1:00 Social Skills 1:00-3:00 Men's Issues 1:00-3:00 Art Studio	<b>15</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Writing Expressions 12:00-1:00 Social Skills 1:00-3:00 Up's & Down's 1:00-3:00 Advocacy 101	<b>16</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 DBT Skills 12:00-1:00 Social Skills Community Meeting 1:00-3:00 Facing Anger 1:00-3:00 Emotional Freedom	<b>17</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Ups & Downs 12:00-1:00 Social Skills 1:00-3:00 Self-Esteem 1:00-3:00 Games 5:00 Board Meeting	<b>18</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Voices & Visions 12:00-1:00 Social Skills 1:00-3:00 Recovery Music 1:00-3:00 Art Studio
<b>21</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Boundaries 12:00-1:00 Social Skills 1:00-3:00 Men's Issues 1:00-3:00 Art Studio	<b>22</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Writing Expressions 12:00-1:00 Social Skills 1:00-3:00 Up's & Down's 1:00-3:00 Advocacy 101	<b>23</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 DBT Skills 12:00-1:00 Social Skills Community Meeting 1:00-3:00 Facing Anger 1:00-3:00 Emotional Freedom	<b>24</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Ups & Downs 12:00-1:00 Social Skills 1:00-3:00 Self-Esteem 1:00-3:00 Games	<b>25</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Voices & Visions 12:00-12:45 Social Skills 12:45 Groups End 1:00-4:00 All Staff Meeting
<b>28</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Boundaries 12:00-1:00 Social Skills 1:00-3:00 Men's Issues 1:00-3:00 Art Studio	<b>29</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Writing Expressions 12:00-1:00 Social Skills 1:00-3:00 Up's & Down's 1:00-3:00 Advocacy 101	<b>30</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 DBT Skills 12:00-1:00 Social Skills Community Meeting 1:00-3:00 Facing Anger 1:00-3:00 Emotional Freedom	<b>31</b> 9:00-10:00 Breakfast Club 10:00-1:00 Stone Soup 10:15-11:45 Ups & Downs 12:00-3:00 FALL BALL! Happy Halloween!	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Big Group Room</li> <li><span style="color: blue;">■</span> Kitchen</li> <li><span style="color: red;">■</span> Heather's Office</li> <li><span style="color: black;">■</span> Dining Room</li> <li><span style="color: purple;">■</span> Important Events</li> </ul>