



**CAPITAL  
RECOVERY  
CENTER**  
A PEER-SUPPORTED COMMUNITY  
BUILDING HOPE

## CRC Groups for July-September 2022

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>9:00 – 10:30 Group Room</b>	<b>Breakfast Club</b> Betianne (Backup)	<b>Life Skills</b> Janine (Backup: Betianne)	<b>Finding Your Best Self</b> Betianne (Backup: Trish)	<b>Better Days</b> Trish (Backup: Betianne)	<b>As the Page Turns</b> Janine
<b>10:30 – 12:00 Group Room</b>	<b>Voices &amp; Visions</b> Carol (Backup: Trish)	<b>Writing Expressions</b> Trish (Backup: Betianne)	<b>Facing Anger</b> Trish (Backup: Betianne)	<b>Boundaries</b> Betianne (Backup: Trish)	<b>Recovery Music</b> Trish
<b>10:00 – 12:00 Kitchen</b>	<b>NO GROUP</b>	<b>Stone Soup</b> Carol	<b>Stone Soup</b> Carol	<b>Stone Soup</b> Carol	<b>Stone Soup</b> Carol
<b>12:00 – 1:00 Dining Room</b>	<b>NO LUNCH</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>1:00 – 2:30 Group Room</b>	<b>Mindfulness</b> Carol (Backup: Trish)	<b>Creative Expressions</b> Betianne (Backup: )	<b>NO GROUP</b>	<b>NO GROUP</b>	<b>Games</b> Janine (Backup: Trish)

**\*Community Lunch Meeting is the first Wednesday of each month\***