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| My Neighbor’s House Recovery Center  Monday-Friday 830-5 | No appointment necessary | Transportation available  937-336-5052 | November February 2023 |

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| SUN | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
| Closed |  |  | 10a: Daily Check In/ Process Group  11a: Social Skills  1p: Depression & Anxiety Support Group  2p: **YMCA Outing** | 10a: Daily Check In/ Process Group  11a: Life Skills  **1p: Movie Outing**  1p: Friends of the House (AA Meeting) | 10a: Meditation  11a: Self-Care  1p: Healing Through Art  **2p: Wal-Mart Trip** | 1p: We Do Recover (NA Meeting)  Peer On-Call 9A-6P  937-733-6779 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Closed | **10a: Preble County Farmers Market**  11a: Daily Check In/ Process Group  1p: Self-Sabotage  2p: Improving Self Esteem | 10a: Morning Motivation  11: Why Connection with Others Matter  1p: We Do Recover (NA Meeting)  2p: **YMCA Outing** | 10a: Mindfulness Matters  11a: Cooking Class  1p: Depression & Anxiety Support Group  2p: **Wal-Mart Trip** | 10a: Daily Check In/ Process Group  11a: Complacency in Recovery  1p: Friends of the House (AA Meeting)  2p: Life Skills | 10a: Attitudes of Gratitude  11a: Social Skills  **1p: Bowling Outing** | 1p: We Do Recover (NA Meeting)  Peer On-Call 9A-6P  937-733-6779 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Closed | 10a: Daily Check In/ Process Group  11a: Redeeming Your Time- Bible Study  1p: Self-Forgiveness & Healing  2p: Self Care | 10a: Power of Positive Thinking  11a: How Addiction Rewires the Brain  1p: We Do Recover (NA Meeting)  **2p: YMCA Outing** | 10a: Attitudes of Gratitude  11a: Healthy Connections with the YWCA  1p: Depression & Anxiety Support Group  **2p: Kroger Trip** | **10a: Preble County Farmers Market**  11a: Daily Check In/ Process Group  1p: Friends of the House (AA Meeting)  2p: The Power of Our Choices | 10a: Mindfulness Matters  **11a: Lunch + Shopping Outing** | 1p: We Do Recover (NA Meeting)  Peer On-Call 9A-6P  937-733-6779 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Closed | 10a: Daily Check In/ Process Group  11a: Social Skills  1p: Healing Through Art  **2p: YMCA Outing** | **10a: Coffee Outing**  11a: Daily Check In/ Process Group  1p: We Do Recover (NA Meeting)  2p: Repairing Family Relationships | 10a: Morning Motivation  11a: Depression & Anxiety Support Group  1p: Life Skills  **2p: Dollar Tree Shopping** | 10a: Daily Check In/ Process Group  11a: Self Care  1p: Friends of the House (AA Meeting)  **2p: Wal-Mart Trip** | 10a: Attitudes of Gratitude  11a: Life Skills  1p: Improving Self Esteem  2p: Bingo!! | 1p: We Do Recover (NA Meeting)  Peer On-Call 9A-6P  937-733-6779 |
| 26 | 27 | 28 |  |  |  |  |
| Closed | 10a: Morning Motivation  11a: Self-Acceptance  1p: Overview of Mental Health Disorders  **2p: Kroger Trip** | 10a: Daily Check In/ Process Group  11a: Exploring 12 Steps  1p: We Do Recover (NA Meeting)  2p: **YMCA Outing** |  |  |  |  |

My Neighbor’s House Recovery Center 120 N. Cherry St. Eaton, OH 45320

Our Mission is to enhance the successful recovery of those experiencing a mental illness or substance use disorder by offering a welcoming and supportive environment in which they can heal, grow, and thrive.

We offer a range of educational activities, wellness programs, support groups, recovery groups and meetings, community outings, fellowship, and complimentary lunch daily. Certified Peer Support Specialists are onsite every day and are available to support you on your recovery journey.

Calendar items on Monday, Wednesday and Fridays are focused on the improvement of one’s mental health, while Tuesday, Thursday and Saturdays are geared for supporting individuals experiencing or recovering from addiction. However, many of the listed groups and activities would be appropriate and beneficial for anyone to attend.

Transportation is available Monday through Friday, please call 937-336-5052 to schedule 48 hours in advance.

**Attitudes of Gratitude:** Dedicated time focusing on giving back to yourself, our internal and external community.

**Morning Motivation:** A start to your day that will give you access to motivation that will empower you to a new level mentally, physically, emotionally, and financially.

**Meditation**: A mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.

**Mindfulness Matters**: Mindfulness is the practice of bringing one’s attention in the present moment without judgment. This group supports increased self-awareness to help you bring out the best in yourself.

**Physical Motivation:** Activities and discussions that focus on improving one's physical health.

**Healing through Art:** Activities and Outings that spark creativity, promotes imagination and encourages self-expression.

**Life Skills Support**: Discussions and workshops that empower individuals with the skills and tools to gain and improve independence.

**Self-Care:** Activities and discussions that promote and encourage individual self-care by exploring different self-care habits, activities, and topics..

**Guided Journaling**: Using the assigned meaningful writing prompt, this exercise encourages self-expression, reflective thinking and improves mental health.

**Healthy Cooking & Nutrition:** Activities and discussions that focus on learning and practicing healthy nutrition habits.

**Crew Meeting:** Become a part of the My Neighbor’s House crew and get involved with the various tasks, planning and maintenance of the center.

**Maintaining Mental Health**: A self-help support group that offers a safe space where you can share, gain insight and find healing while helping others in the group as well.

**Mending Minds League:** Become involved with the planning and facilitation of this weekly group that focuses on improving one’s mental health and explores ways to advocate for yourself and others.

**Precontemplation/ Early Recovery:** Geared for individuals in the early stages of their recovery journey.

**Relapse Prevention Meeting:** Discussions that help identify high risk behaviors and situations that could contribute to relapse and the tools, techniques, and methods to prevent relapse.

**Process Group**: Address aspects of your addiction in a safe space, designed to help individuals process their reasons for being addicted and to find new coping strategies that help them deal with life's struggles while remaining clean and sober.

**Depression & Anxiety Support Group:** For anyone experiencing depression and/or anxiety; this group provides a safe space to access support and resources.

**Recovery Goals Meeting:** Set and work through ways to meet individual goals that will aid in your recovery.

**Friends of the House:** A weekly AA group meeting that allows for discussion of various topics and participation levels.

**We Do Recover:** A 2x weekly NA group meeting that allows for discussion of various topics and participation levels.

**It Works: How and Why Meeting:** A work group study that takes a deeper dive into understanding and utilizing the 12-step approach.

**Recovery Tools Meeting**: Share, learn and discuss tools that have helped you or others begin and maintain recovery.

An initiative of Thrive Therapeutics | Funded in part by the Preble County Mental Health & Recovery Board, Ohio Department of Mental Health & Addiction Services and the Substance Abuse Mental Health Services Administration