

January 2018

MHAST
47 Broad Avenue
Binghamton, NY 13904
607-771-8888

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 1 | 2 Expressive Writing Café 10-11:30am | 3 Planning Join us in planning for the new year and chat a bit. 1:30-3pm | 4 What does recovery mean to you? 1:30-3pm | 5 Yoga at Voices Recovery Center 10:30-12:30pm Please register |
| 8 Men's Group 11am – 12pm Peer Meditation 1:00-1:30pm Peer Support Group 1:30pm – 3pm | 9 Women's Group 10am – 11:30am Expressive Arts: What Color Is Your Rainbow? 1:30pm – 3pm | 10 Learning to Maintain Positivity 1:30-3pm | 11 Computer Lab 10-11:30am | 12 Coffee at That Coffee Place 1:30-3pm Please register |
| 15 Men's Group 11am – 12pm Peer Meditation 1:00-1:30pm Peer Support Group 1:30pm – 3pm | 16 Women's Group 10am – 11:30am Expressive Arts: My New Years Evolution "Vision board" Action Plan 1pm – 4pm Please register | 17 Nearly New Thrift Shop and Salvation Army 9:30-11:30am Please register | 18 Holistic Self-care Methods 1:30-3pm | 19 Coloring and a movie 1-3pm |
| 22 Men's Group 11am – 12pm Peer Meditation 1:00-1:30pm Peer Support Group 1:30pm – 3pm | 23 Women's Group 10am – 11:30am Trip to AC Moore & Michaels 1:30pm – 3pm *Please pre-register* | 24 Part two "Seven Spiritual Laws in Success" 10-11:30am Using Affirmations For Wellness 1:30-3pm | 25 Computer Lab 1:30-3pm | 26 Bundy Museum 3 rd floor and annex & McDonalds for a Self - paid treat 1-3:30pm Please Register |
| 29 Men's Group 11am – 12pm Peer Meditation 1:00-1:30pm Peer Support Group 1:30pm – 3pm | 30 Women's Group 10am – 11:30am Expressive Arts: Open Art Studio 1:30pm – 3pm | 31 Part three "Seven Spiritual Laws in Success" 10-11:30am | | |