

Sunrise Wellness Center

May Calendar

MHAST

47 Broad Avenue

Binghamton, NY 13904

607-771-8888

NOTE:

A NEW LOCATION for some of our classes being offered at the

Broome County Library

Binghamton 185 Court Street

Peer Recovery Support Group

Mondays 3:30pm – 5 pm

Mindfulness

Meditation Mondays

5:30 - 6:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Women's Group MHAST 10 – 11:30 am - Mosaic window art 1:30-3pm	2 Endicott Support Group 4 – 5 pm	3 Painting your own Vision Tree 10-12pm Healthy Balance : Release stress & Laughing Yoga 1:30-3pm	4 The Mindful Way 10-11:30am @ the Library Topic: Why do we get stuck?
7 Men's Support Group MHAST 11 – 12 pm Peer Recovery Support Group Library 4 – 5 pm Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm	8 Women's Group MHAST 10 – 11:30 am Expressive Arts Class: Mixed Media "What improves your mental health"? 1:30-3pm	9 Individual Sessions w/ Jenn 11:30-12:30pm & 2-3pm *Must pre-register* Nutrition Class w/ Jenn "Vegetarian Practices" 1-2pm Endicott Support Group 4 – 5 pm	10 Mosaic window art 1:30-3pm Nukporfe African Drumming & Dance Ensemble Performance 7:00-9:30pm *Please pre-register* \$5 Admission	11 Appreciation Celebration 12:30-3pm "All peers Welcome" *Please pre-register* ☺
14 Men's Support Group MHAST 11 – 12 pm Peer Recovery Support Group Library 4 – 5 pm Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm	15 Day of Recovery 9-4pm *Lunch will be provided*	16 Individual Sessions w/ Jenn 11:30-12:30pm & 2-3pm *Must pre-register* Nutrition Class w/ Jenn "Wow! There's Sugar in that" 1-2pm Endicott Support Group 4 – 5 pm	17 Start following your dreams by "Goal setting" Part 1 1:30-3pm @ The Library	18 The Mindful Way 10-11:30am @ the Library Topic: Doing, Being and Mindfulness
21 Men's Support Group MHAST 11 – 12 pm Peer Recovery Support Group Library 4 – 5 pm Mindfulness Meditation *Beginners Welcome* Library 5:30 - 6:30 pm	22 Women's Group MHAST 10 – 11:30 am Expressive Arts Class: Gemstones & Crystals 1:30-3pm	23 *Finish lotus flower painting 10-11:30am Creating an affirmation box 1:30-3pm Endicott Support Group 4 – 5 pm	24 Start following your dreams by "Goal setting" Part 2 1:30-3pm @ The library	25 Painting :Spring flowers w/ Carol 1-3:30pm
28 Memorial Day SWC Closed	29 Women's Group MHAST 10 – 11:30 am Expressive Arts Class: Open Art Studio 1:30-3pm	30 Anger workshop 1:30-3:30pm Endicott Support Group 4 – 5 pm	31 Healthy Balance: Story Card fun "Express Yourself" 10-11:30am	June 1 st Coffee Break @ Chris's Diner 9:30-10:30am *Restaurant is cash only* Riverwalk 11-12pm

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