September Calendar

A.W.A.R.E. Center
Appreciating Wellness and Recovery Empowerment

Monday
- 8:30 Music for Wellness
- 10:00 Women’s Empowerment
- 10:30 Meditation
- 11:00 Community Meeting
- 11:30 LUNCH
- 12:00 Enrichment Time
- 1:00 Hearing Voices
- 2:00 Creations on Canvas
- 3:00

Tuesday
- 8:30 Music for Wellness
- 10:00 Women's Empowerment
- 10:30 Navigating Disability and Chronic Health
- 11:00 Community Meeting
- 11:30 LUNCH
- 12:00 PTSD Support
- 1:00 Down the Rabbit Hole
- 2:00 Creations on Canvas
- 3:00

Wednesday
- 8:30 Music for Wellness
- 10:00 Community Meeting
- 10:30 Community Meeting
- 11:00 Community Meeting
- 11:30 LUNCH
- 12:00

Thursday
- 8:30 Music for Wellness
- 10:00 Community Meeting
- 11:00 Community Meeting
- 11:30 LUNCH
- 12:30 Spirituality
- 1:00 KARAOKE
- 2:00 KARAOKE
- 3:00 LUNCH: 11:30 Every Friday
- Ask staff to go on a walk with you!

Available Services: Peer Support; Case Management; Food Bank; Resource Center; ARC Vouchers; Clothing Bank

Fri. 9.4 Labor Day Celebration
Fri. 9.11 911 Memorial
Fri. 9.18 1 pm Oral Hygiene Presentation
Fri. 9.25 Birthday Bash Bingo
Thurs. 9.10 Member Forum 11a
Thurs. 9.24 Member Story 11a
Tues. 9.8 CAP Community Advisory Panel 9:30a

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