









# March 2017

## RECOVERY LEARNING CENTER

FELLOWSHIP CLUB AT THE MWC - 617 GARDEN STREET - SANTA BARBARA, CA, 93101

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>10:00 – 11:30</u> <b>Open Art</b> W/Peer Member</p> <p><u>10:00-2:00</u> <b>Computer Lab</b> W/Edwin &amp; Ali</p> <p><u>10:00 – 11:00</u> <b>MINDFUL EATING</b> W/Kit &amp; Johni</p>  <p><u>11:30 - 12:00</u> <b>RLC COMMUNITY MEETING</b> W/Staff</p> <p><u>1:00 - 2:00</u> <b>GUIDED MEDITATION</b> W/Bev &amp; Patricia</p> <p><u>2:00 - 3:00</u> <b>WELLNESS &amp; RECOVERY TECHNIQUES</b> W/Kit (SB County Behavioral Wellness Peer Specialist)</p>	<p><u>10:00-12:00</u> <b>Open Art</b> Studio W/Peer Member</p> <p><u>10:00-2:00</u> <b>Computer Lab</b> W/Edwin &amp; Ali</p>  <p><u>10:00-11:00</u> <b>ANGER MANAGEMENT</b> W/Ali</p> <p><u>11:00-12:00</u> <b>SELF-CARE</b> W/Edwin</p> <p><u>1:00-2:00</u> <b>DUAL DIAGNOSIS</b> W/Eileen &amp; Nick</p> <p><u>2:00-3:00</u> <b>MEN AND WOMEN'S SUPPORT GROUP</b> W/ Eileen &amp; Ali</p> 	<p><u>10:00-12:00</u> <b>Open Art</b> Studio W/Peer Member</p> <p><u>10:00-2:00</u> <b>Computer Lab</b> W/Edwin &amp; Ali</p> <p><u>10:00-11:00</u> <b>POETRY READING &amp; WRITING</b> W/Eileen</p> <p><u>11:00- 12:00</u> <b>PTSD/TRAUMA SUPPORT GROUP</b> W/Patricia (1<sup>st</sup> &amp; 3<sup>rd</sup> Wed: Women's, 2<sup>nd</sup> &amp; 4<sup>th</sup> Wed: Men's)</p> <p><u>1:00-2:00</u> 1<sup>st</sup> Wed. <b>COUNCIL MEETING</b> (open to all members)</p> <p><u>1:00-3:00</u> <b>MOVIE TIME</b></p> 	<p><u>10:00-12:00</u> <b>Open Art</b> Studio W/Peer Member</p> <p><u>10:00-2:00</u> <b>Computer Lab</b> W/Edwin &amp; Ali</p> <p><u>10:00-11:00</u> <b>RELATIONSHIP SKILLS</b> W/Edwin</p>  <p><u>11:00-12:00</u> <b>SELF-ESTEEM</b> W/Ali</p> <p><u>1:00-2:00</u> <b>HEALTH AND WELLNESS</b> W/Ali</p>  <p><u>2:00-3:00</u> <b>BINGO</b> W/Staff</p>	<p><u>10:00-12:00</u> <b>Open Art</b> Studio W/Peer Member</p> <p><u>10:00-2:00</u> <b>Computer Lab</b> W/Edwin &amp; Ali</p> <p><u>10:00-11:00</u> <b>CO-DEPENDANCY</b> W/Lauren</p> <p><u>11:00-12:00</u> <b>SYMPTOM MANAGEMENT</b> W/Eileen &amp; Patricia</p>  <p><u>1:00-2:00</u> <b>FLAMENCO FOR FUN &amp; FITNESS</b> W/Ana G.</p>  <p><u>1:00-2:00</u> <b>ANXIETY GROUP</b> W/Jack</p> <p><u>1:00 – 3:00</u> <b>KARAOKE</b></p>
<p>The RLC'S REGULAR HOURS are M-F from 9AM – 3PM **LUNCH at NOON</p> <p>Happy St. Patrick's Day, 3/17/2017</p>			<p>CARE CLOSET MONDAY-FRIDAY 1PM-2PM (FREE ITEM MON &amp; WED)</p> <p>RLC @ Fellowship Club office number is (805) 884-8440 ext. 3351</p>	