

# DECEMBER 2019 CALENDAR OF EVENTS

ON OUR OWN OF FREDERICK COUNTY

331 W PATRICK ST

301-620-0555

HOURS OF OPERATION 12:00-6:00 TUE-SUN

ONOUROWNFREDERICK@GMAIL.COM

| Sunday                         | Monday       | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday                       |
|--------------------------------|--------------|---|--|--|--|--------------------------------|
| 1<br>2:00-Peer Recovery Group  | 2<br>CLOSED  | 3<br>1:00-Peer Recovery Group<br>2:00-Member Meeting<br>3:00-Art<br>4:00-Volunteer 101      | 4<br>1:00-Peer Recovery Group<br>2:00-Making Christmas Cards<br>1:00-4:00-Holiday Social | 5<br>1:00-Peer Recovery Group<br>2:00-Mental Health Support Group<br>4:00-Self Care  | 6<br>1:00-Peer Recovery Group<br>3:30-Gentle Yoga  | 7<br>2:00-Peer Recovery Group  |
| 8<br>2:00-Peer Recovery Group  | 9<br>CLOSED  | 10<br>1:00-Peer Recovery Group<br>3:00-Art<br>4:00-Volunteer Meeting                        | 11<br>1:00-3:00-INSTRUMENTS OF HEALING PROGRAM<br>3:00-Journaling                        | 12<br>1:00-Peer Recovery Group<br>3:00-Mental Health Support Group<br>4:00-Self Care   | 13<br>1:00-Peer Recovery Group<br>3:30-Gentle Yoga | 14<br>2:00-Peer Recovery Group |
| 15<br>2:00-Peer Recovery Group | 16<br>CLOSED | 17<br>1:00-Peer Recovery Group<br>2:00-Member Meeting<br>3:00-Art<br>4:00-Volunteer Meeting | 18<br>1:00-Peer Recovery Group<br>2:00-Music in Recovery<br>3:00-Journaling              | 19<br>1:00-Peer Recovery Group<br>2:00 Health Education w/ Sharon MacDougall<br>3:00-Mental Health Support Group<br>4:00-Self Care | 20<br>1:00-Peer Recovery Group<br>3:30-Gentle Yoga | 21<br>2:00-Peer Recovery Group |
| 22<br>2:00-Peer Recovery Group | 23<br>CLOSED | 24<br>OPEN FOR CHRISTMAS SOCIAL<br>1:30-6:00  | 25<br>OPEN FOR CHRISTMAS SOCIAL<br>1:30-6:00   | 26<br>1:00-Peer Recovery Group<br>3:00-Mental Health Support Group<br>4:00-Self Care   | 27<br>1:00-Peer Recovery Group<br>3:30-Gentle Yoga | 28<br>2:00-Peer Recovery Group |
| 29<br>2:00-Peer Recovery Group | 30<br>CLOSED | 29<br>1:00-Peer Recovery Group<br>3:00-Art<br>4:00-Volunteer Calendar Group                 | 30<br>1:00-Peer Recovery Group<br>2:00-Music in Recovery<br>3:00-Journaling              | 31<br>1:00-Peer Recovery Group<br>3:00-Mental Health Support Group<br>4:00-Self Care   |  | Happy Holidays!                |

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| What Do We Do?   | Who Is It For?  | How Do I Join?   |
|--|---|--|
| <b>Through peer support, we offer acceptance and a safe and supportive space for people with mental health and substance use challenges to heal, reconnect and find our way forward.</b> | <b>All Frederick County adults who are interested in improving their lives and moving forward in their recovery with others who have similar life experience.</b> | <b>Simply come in and join a group. There is never a fee for membership and you can come in just for a visit before becoming a member.</b> |

## **Descriptions of Activities at the Center**

|                                    |   |
|------------------------------------|---|
| <b>Peer Recovery Group</b>         | <b>Join various facilitators as we explore a recovery topic to start the day.</b>   |
| <b>Member Meeting</b>              | <b>A member meeting gives you a space to discuss suggestions about programming, to check in with the group on your wellness and to learn about upcoming events.</b> |
| <b>Journaling</b>                  | <b>This group involves topics of the day and provides you a space to journal about those topics and then share with the group if you please.</b>                    |
| <b>Mental Health Support Group</b> | <b>This group is meant to support those needing any kind of support when it comes to mental health. Share your experience, your strength and your hope.</b>         |
| <b>Self-Care Group</b>             | <b>Sometimes we just need a place to take care of ourselves and talk about life. Join us for our discussions and pampering.</b>                                     |
| <b>Music in Recovery</b>           | <b>Does music help you in your recovery? If so join this group for discussion and music.</b>  |
| <b>Volunteer Group</b>             | <b>Discuss volunteer opportunities, CPRS training, and weekly schedule.</b>   |
| <b>Health Education</b>            | <b>Sharon MacDougall presents important topics pertaining to our health.</b>  |
| <b>Art Group</b>                   | <b>Activities to explore our artistic side.</b>   |
| <b>Gentle Yoga</b>                 | <b>Yoga to support mental, physical and spiritual needs with a trauma informed YOGAMOUR instructor.</b>   |



**JOIN US FOR INSTRUMENTS OF HEALING  
PROGRAM ON DECEMBER 11<sup>th</sup> FROM 1:00-3:00  
[www.instrumentsofhealing.org](http://www.instrumentsofhealing.org)**