

ROCC POINT



**AUGUST
2021**

Men's Group:T 3-4p
Women's Group:W 3-4p
Support Group:M,TH,F 1-2p

At ROCC Point adults navigating mental health, wellness & substance use recovery come together to receive on site peer support & encouragement

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|---|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support | 10:30a Mindfulness 12p Chix Fingers/Fries 1p Art Group 2p Peer Support 3-4 Men's Group | CLOSED Staff Training | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support *CLEANING DAY: Vaccuum & Bathrooms* | 10:30a Mindfulness 12p Leftovers 1p Support Group 2p Peer Support *WATER INDOOR PLANTS | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support | 10:30a Mindfulness 12p French Toast 1p Art Group 2p Peer Support 3-4p Men's Group | 10:30a Mindfulness 12p Lunch 1p House Meeting 2p Peer Support 3-4p Women's Group | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support *CLEANING DAY: Floors,Kitchen, Pantry* | TRIG's BRAT FRY FUNDRAISER CENTER CLOSED *If you would like to help call ROCC for more info* *WATER INDOOR PLANTS | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support *Garden Work Week* | 10:30a Mindfulness 12p Sloppy Joe's 1p Art Group 2p Peer Support 3-4p Men's Group | 10:30a Mindfulness 12p Lunch 1p House Meeting 2p Peer Support 3-4p Women's Group | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support *CLEANING DAY: Vaccuum & Bathrooms* | 10:30a Mindfulness 12p Leftovers 1p Support Group 2p Peer Support *WATER INDOOR PLANTS | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support *Garden Work Week* | 10:30a Mindfulness 12p Ham&Mashed Potatoes 1p Support Group 2p Peer Support | 10:30a Mindfulness 12p Lunch 1p House Meeting 2p Peer Support 3-4p Women's Group | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support *CLEANING DAY: Floors,Kitchen, Pantry* | 10:30a Mindfulness 12p Leftovers 1p Support Group 2p Peer Support *WATER INDOOR PLANTS | |
| 29 | 30 | 31 | | | | |
| | 10:30a Mindfulness 12p Lunch 1p Support Group 2p Peer Support | 10:30a Mindfulness 12p Ring Bologna 1p Art Group 2p Peer Support 3-4p Men's Group | | | | |

OPEN

Monday - Friday
10:30 am - 3:30 pm

If you have questions, concerns, or wish to speak to a Certified Peer Specialist, call : (715) 544-0455
For Portage County Crisis Line, call : (866) 317-9362

2040 Jefferson St.
Stevens Point, WI. 54481