

ROCC POINT



Monday-Friday
10:30a-3:30p

MAY

Lunch 12p daily
Peer Support 1:30p daily

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
	11a Cooking Group	11a Inspirational Group	CLOSED	11a Games	11a Music Group	
	12p Lunch	12p Lunch	(first Wednesday	12p Lunch	12p Lunch	
	1p Comedy Group	1p Meditation Group	of every month)	1p Meditation Group	1p Discussion Group	
	1:30p Peer Support	1:30p Peer Support		1:30p Peer Support	1:30p Peer Support	
	2:30p Men's Group	2:30p LGBTQIA+ Group		2:30p Safety Plan Group	2:30p Yoga/Meditation	
7	8	9	10	11	12	13
12p-3p	11a Cooking Group	11a Inspirational Group	11a Cooking Group	11a Games	11a Prep at ROCC	
212 Fitness	12p Lunch	12p Lunch	12p Lunch	12p Lunch	12p-2p MOVIE DAY at MILC	
Be Kind	1p Comedy Group	1p Meditation Group	1p Discussion Group	1p Meditation Group	1:30p-2p Discussion	
To Your	1:30p Peer Support	1:30p Peer Support	1:30p Peer Support	1:30p Peer Support	popcorn and soda provided	
Mind	2:30p Men's Group	2:30p LGBTQIA+ Group	2:30p Women's Group	2:30p Zumba	(Meet the Robinsons)	
Event		National Prevention Week	A celebration of possibilities	Sponsored by SAMHSA		
14	15	16	17	18	19	20
	11a Cooking Group	11a Inspirational Group	11a Cooking Group	Adventure Day	11a Music Group	
	12p Lunch	12p Lunch	12p Lunch	at Rib Mountain	12p Lunch	
	1p Comedy Group	1p Meditation Group	1p Discussion Group	(Bring your own lunch)	1p Discussion Group	
	1:30p Peer Support	1:30p Peer Support	1:30p Peer Support	Meet at 11am at ROCC	1:30p Peer Support	
	2:30p Men's Group	2:30p LGBTQIA+ Group	2:30p Women's Group		2:30p Art Group	
21	22	23	24	25	26	27
	11a Cooking Group	11a Lunch	11a Cooking Group	PEER'S DAY!	11a Music Group	
	12p Lunch	12p Walk to Carl D's	12p Lunch		12p Lunch	
	1p Comedy Group	(Ask for details)	1p Discussion Group		1p Discussion Group	
	1:30p Peer Support	1:30p Peer Support	1:30p Peer Support		1:30p Peer Support	
	2:30p Men's Group	2:30p LGBTQIA+ Group	2:30p Women's Group		2:30p Art Group	
28	29	30	31			
	CLOSED	Garden Planting Party	11a Cooking Group		"Ask yourself if what	
	(Memorial Day)	RCC - WI Rapids	12p Lunch		you are doing today	
		10a Meet at ROCC	1p Discussion Group		is getting you closer	
		2p Arrive Back	1:30p Peer Support		to where you want	
			2:30p Women's Group		to be tomorrow."	

ROCC Point 715-544-0455, 2040 Jefferson St, Stevens Point

Sammie Sackmann 715-575-1547