RIVER CITIES CLUBHOUSE

At RCC, adults navigating mental health, wellness Midstate April INDEPENDENT Lunch Served Daily: & substance use recovery come together to **Living Choices** 2024 receive on-site peer support & encouragement. M-F: \$2. Leftovers: \$1 Sunday Wednesday Friday Monday Tuesday Thursday Saturday 5 10a Peer Support 10a Peer Support 10a Peer Support 10a Peer Support 11a Discussion Group 11a Discussion Group **CLOSED** 11a Discussion Group 11a Lunch 11:30a Lunch 11:30a Lunch (First Wednesday) 11:30a Lunch 11:30 Leave for MILC 12:30p Relaxation Group 12:30p Relaxation Group 12:30p Relaxation Group 12p Movie Day at MILC 1p Activity Group 1p Activity Group 2p Return to RCC 1p Activity Group 8 9 10 11 12 13 10a Peer Support Late Opening - 12pm **CLOSED CLOSED CLOSED** 11a Discussion Group 12p Board Meeting 11:30a Lunch 1:00p Cooking Group (Peer Recovery Conference) (Peer Recovery Conference) (Peer Recovery Conference) 12:30p Relaxation Group 1p Activity Group 14 15 16 17 18 19 20 10a Peer Support 10a Peer Support 10a Peer Support 10a Peer Support Planting Party at RCC with ROCC & ABW 11a Discussion Group 11a Discussion Group 11a Discussion Group 11a Discussion Group 11:30a Lunch 11:30a Lunch 11:30a Lunch 11:30a Lunch 10a-2p 12:30p Relaxation Group 12:30p Relaxation Group 12:30p Relaxation Group 12:30p Relaxation Group 1p Activity Group 1p Activity Group 1p Activity Group 1p Activity Group 21 22 23 24 25 26 27 10a Peer Support 11a Discussion Group 11:30a Lunch 11:30a Lunch 11:30a Lunch 11:30a Lunch 11:30a Lunch 12:30p Relaxation Group 1p Activity Group 28 29 30 1-May 2-Mav 3-Mav 10a Peer Support 10a Peer Support 10a Peer Support 11a Discussion Group 11a Discussion Group **CLOSED CLOSED** 11a Discussion Group

(First Wednesday)

Staff Training

12:30p Relaxation Groupn

11:30a Lunch

1p Activity Group

11:30a Lunch

1p Activity Group

12:30p Relaxation Groupn

11:30a Lunch

1p Activity Group

12:30p Relaxation Groupn