











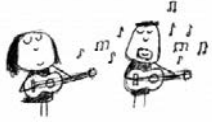



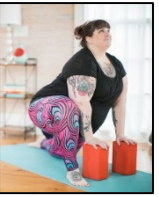


# Free Groups & Classes!

Drop-In Activities for All People of Old Town Clinic, Old Town Recovery Center, CEP, and Eastside Concern

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Acupuncture:</b> 1:00-3:45pm	<b>Acupuncture:</b> 8:30-10:30am	<b>Acupuncture:</b> 1:00-3:45pm	<b>No Acupuncture</b>	<b>Acupuncture:</b> 8:30-10:45am
<p><b>Spirituality &amp; Healing</b> </p> <ul style="list-style-type: none"> <li>- 11:00am-Noon</li> <li>- 1<sup>st</sup> floor OTRC classroom</li> </ul> <p><b>Spirituality &amp; Healing</b> </p> <p><i>* Open to the Public *</i></p> <ul style="list-style-type: none"> <li>- Noon-1:00pm</li> <li>- 1<sup>st</sup> floor OTRC classroom</li> </ul> <p><b>Art for Everybody</b></p> <ul style="list-style-type: none"> <li>- 1:00-2:00pm</li> <li>- Movement Room</li> </ul>  <p><b>Gentle Yoga</b></p> <ul style="list-style-type: none"> <li>- 2:00-3:15pm</li> <li>- Movement Room</li> </ul> 	<p><b>Healing Power</b> </p> <ul style="list-style-type: none"> <li>- 11:00am-Noon</li> <li>- Movement Room</li> </ul> <p><b>Peer Support Workshop</b> </p> <ul style="list-style-type: none"> <li>- 12:30-2:00pm</li> <li>- <i>last Tues. of month</i></li> <li>- Living Room</li> </ul> <p><b>Happy New You!</b></p> <ul style="list-style-type: none"> <li>- 1:00-3:00pm</li> <li>- <i>1/9 through 1/30</i></li> <li>- Movement Rm</li> </ul> <p><b>Managing Emotions, Relationships &amp; Stress (DBT)</b></p> <ul style="list-style-type: none"> <li>- 1:00-2:30pm</li> <li>- Atrium Room</li> </ul> <p><b>Positive Thinking</b> </p> <ul style="list-style-type: none"> <li>- 2:30-3:00pm</li> <li>- Living Room</li> </ul> <p><b>Healthy Cooking on a Budget</b> </p> <ul style="list-style-type: none"> <li>- 3:00-5:00pm</li> <li>- Living Room</li> </ul>	<p><b>Healing Quotes &amp; Poems</b></p> <ul style="list-style-type: none"> <li>- 1:30-2:30pm</li> <li>- Conference Room B</li> </ul> <p><b>Building Creative Confidence: Preparing for Our Spring 2018 Gallery Art Show</b> </p> <ul style="list-style-type: none"> <li>- 2:30-4:00pm</li> <li>- Movement Room</li> </ul> <p><b>Healing Power &amp; Meditation</b> </p> <ul style="list-style-type: none"> <li>- 4:00-5:30pm</li> <li>- Movement Room</li> </ul>	<p><b>Qi Gong</b></p> <ul style="list-style-type: none"> <li>- 12:15-12:55pm</li> <li>- Movement Rm</li> </ul>  <p><b>Ceramics and Art Journaling</b></p> <ul style="list-style-type: none"> <li>- 1:00-2:30pm</li> <li>- Living Room</li> </ul>  <p><b>Sing-Along Sober Karaoke</b> </p> <ul style="list-style-type: none"> <li>- 2:30-3:30pm</li> <li>- Living Room</li> </ul>	<p><b>Smoking &amp; Tobacco Quit Group</b> </p> <p><i>* OTC People Only *</i></p> <ul style="list-style-type: none"> <li>- 11:00-Noon</li> <li>- Movement Room</li> </ul> <p><b>Depression &amp; Anxiety Problem-Solving</b> </p> <ul style="list-style-type: none"> <li>- Noon-12:50pm</li> <li>- Movement Room</li> </ul> <p><b>Sock Monkeys!</b> </p> <ul style="list-style-type: none"> <li>- 12:30-2:30pm</li> <li>- Living Room</li> </ul> <p><b>Gentle Yoga</b> </p> <ul style="list-style-type: none"> <li>- 1:00-2:15pm</li> <li>- Movement Rm</li> </ul> <p><b>BLOOM: Staying Healthy with Diabetes</b></p> <ul style="list-style-type: none"> <li>- 4:00-5:00pm</li> <li>- Living Room</li> <li>- <i>11/3 through 12/29</i></li> </ul>

- Classes tend to be small and informal. These are safe, respectful spaces. (Group descriptions are on the back.)
- If you're early, go to the Old Town Clinic 2<sup>nd</sup> floor waiting room. Someone will gather people up at group start time and take you the right room.

## Group Descriptions

- **Acupuncture:** Acupuncture can assist with chronic pain, addiction recovery, depression, anxiety, and general wellness. It's a traditional Chinese medicine. Drop-in hours on Mondays, Tuesdays, Wednesdays & Fridays.
- **Art for Everybody:** Practice art-making in a non-judgmental environment. Print-making, watercolors, and more! Mondays with Moira.
- **BLOOM:** Staying Healthy with Diabetes: Learn new ways to take care of your health – nutrition, meds, and more! Fridays with Rebecca.
- **Building Creative Confidence:** Join us for a series of art experiments as we learn new skills and prepare for our art show. Wednesdays with Moira.
- **Ceramics and Art Journaling:** Meditate on healing qualities like “sweetness” or “courage” through building a ceramics project, acrylics, or collage. Choose your own adventure! Will you try clay today, or watercolors... or a little of both? Thursdays with Moira.
- **Depression & Anxiety Problem-Solving:** Build problem-solving skills to create a calmer, more manageable life. Fridays with Pete or Tressa.
- **Gentle Yoga:** Stretch, relax, renew with beginners-level yoga poses for every body! Mon & Fri with certified Living Yoga instructors and Moira.
- **Happy New You!:** Learn simple ways to develop healthier habits in 2018! Tuesdays in January with Kera.
- **Healing Power / Spirituality & Healing:** Learn self-healing techniques for dealing with pain—whether physical, emotional, interpersonal, or spiritual pain. Open to people of all spiritualities and religions. Mondays, Tuesdays, and Wednesdays with Phil.
- **Healing Quotes & Poems:** We'll share quotes and poems about life, challenges, healing, inspiration and moving forward. Wednesdays with Anne.
- **Healthy Cooking on a Budget:** Help prepare a low-cost, healthy, delicious meal & then eat with us family-style! Food is provided. Tuesdays with Moira, though this group is peer-led. If you'd like to bring in a recipe and show us how to make it, we'll put your recipe on the calendar!
- **Managing Emotions, Relationships & Stress (DBT):** Learn how to identify your emotions, “sit” with intense emotions, and respond to emotions and challenges in a way that is healthy and safe for you (and also healthy and respectful of your relationships). Tuesdays with Tressa.
- **Peer Support Workshop:** Want to deepen your skills in peer support? Come to these monthly trainings and learn hands-on skills like “person-centered listening” and how to tell your recovery story. Complete any 6 workshops and receive a certificate! Last Tuesday of month with Moira.
- **Positive Thinking:** A quick practice focusing on the positive! Check in with gratitude and then play The Ungame. Tuesdays with Moira.
- **Qi Gong:** Movement therapy for emotional and physical healing. Thursdays with Steve.
- **Sing-Along Sober Karaoke:** Sing familiar songs with the group – chase the blues away with music! Thursdays with Sandi and Moira.
- **Smoking & Tobacco Quit Group:** Support, tools & information for reducing or quitting tobacco. Fridays with Mat.
- **Sock Monkeys!:** Learn to stitch and build your own sock monkey, step by step. Fridays with Hayden and Linda.