













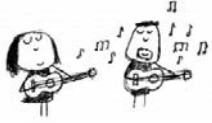


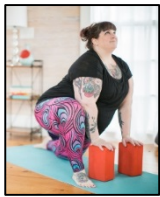


Free Groups & Classes!

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Acupuncture: 1:00-3:45pm	Acupuncture: 8:30-10:30am	Acupuncture: 1:00-3:45pm	No Acupuncture	Acupuncture: 8:30-10:45am
<p>Spirituality & Healing </p> <ul style="list-style-type: none"> - 11:00am-Noon - 1st floor OTRC classroom <p>Spirituality & Healing </p> <p><i>* Open to the Public *</i></p> <ul style="list-style-type: none"> - Noon-1:00pm - 1st floor OTRC classroom <p>Qi Gong </p> <ul style="list-style-type: none"> - 12:15-12:55pm - Movement Room <p>Art for Everybody </p> <ul style="list-style-type: none"> - 1:00-2:00pm - Movement Room <p>Gentle Yoga </p> <ul style="list-style-type: none"> - 2:00-3:15pm - Movement Room <p>Deep Relaxation</p> <ul style="list-style-type: none"> - 3:15-4:00pm - Movement Room 	<p>Learning About Narcan</p> <ul style="list-style-type: none"> - 8:00-9:00am - Movement Room <p>Healing Power </p> <ul style="list-style-type: none"> - 11:00am-Noon - Movement Room <p>Peer Support Workshop </p> <ul style="list-style-type: none"> - 12:30-2:00pm - <i>last Tues. of month</i> - Living Room <p>Tame your Pain!</p> <ul style="list-style-type: none"> - 12:30-2:30pm <i>restarts 9/12</i> - Movement Rm <p>Managing Emotions, Relationships & Stress (DBT)</p> <ul style="list-style-type: none"> - 1:00-2:30pm - Atrium Room <p>Positive Thinking </p> <ul style="list-style-type: none"> - 2:30-3:00pm - Living Room <p>Healthy Cooking on a Budget </p> <ul style="list-style-type: none"> - 3:00-5:00pm - Living Room 	<p>Learning About Narcan</p> <ul style="list-style-type: none"> - Noon-1:00pm - Movement Room <p>Living with Pain Support Group</p> <ul style="list-style-type: none"> - 1:00-2:30pm - Movement Room <p>Healing Quotes & Poems</p> <ul style="list-style-type: none"> - 1:30-2:30pm - Conference Room B <p>Building Creative Confidence</p> <ul style="list-style-type: none"> - 2:30-4:00pm - Movement Room  <p>Healing Power & Meditation </p> <ul style="list-style-type: none"> - 4:00-5:30pm - Movement Room <p>Stigma-Free Hep C!</p> <ul style="list-style-type: none"> - 4:30-6:00pm - <i>1st and 3rd Wed. of the month</i> - Living Room 	<p>Qi Gong</p> <ul style="list-style-type: none"> - 12:15-12:55pm - Movement Rm  <p>Ceramics and Art Journaling</p> <ul style="list-style-type: none"> - 1:00-2:30pm - Living Room  <p>Sing-Along Sober Karaoke </p> <ul style="list-style-type: none"> - 2:30-3:30pm - Living Room 	<p>Smoking & Tobacco Quit Group </p> <p><i>* OTC People Only *</i></p> <ul style="list-style-type: none"> - 11:00-Noon - Movement Room <p>Depression & Anxiety Problem-Solving </p> <ul style="list-style-type: none"> - Noon-12:50pm - Movement Room <p>Gentle Yoga </p> <ul style="list-style-type: none"> - 1:00-2:15pm - Movement Rm <p>BLOOM: Staying Healthy with Diabetes</p> <ul style="list-style-type: none"> - 4:00-5:00pm - <i>August 11 – October 13</i> - Living Room

- 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 2nd 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:** Be creative 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 blood sugar – and yourself! Fridays with Rebecca.
- **Building Creative Confidence:** Join us for a series of art experiments as we learn new skills. Wednesdays with Jeff and 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.
- **Deep Relaxation:** Lie down, relax and regenerate your body and mind. Follow the guidance, let go, and recharge. Mondays 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.
- **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!
- **Learning about Narcan:** Learn the signs of opioid overdose and how to administer a drug that can reverse overdoses. Bring a friend or family member! Tuesdays & Wednesdays with Anne.
- **Living with Pain Support Group:** Share successes and challenges of living with pain in a safe, supportive group. Wednesdays with Pete.
- **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. Mondays and 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.
- **Stigma-Free Hep C!** Join this peer-led group for healthy food, support, and information about thriving with Hep C. Wednesdays with Rob.
- **Tame your Pain!** Learn tips to gain more control over your pain and your life. Tuesdays with Kera, Old Town Clinic's Occupational Therapist.