
















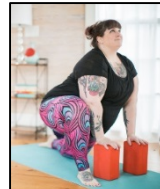


Free Groups & Classes!

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>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>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"> - 1:00-3:00pm - Movement Room  <p>Managing Emotions, Relationships & Stress (DBT)</p> <ul style="list-style-type: none"> - 1:00-2:30pm - Atrium Room <p>Healthy Cooking on a Budget </p> <ul style="list-style-type: none"> - 3:00-5:00pm - Living Room <p>Housing Resource Group </p> <ul style="list-style-type: none"> - 3:30-4:30pm - Movement Room 	<p>Healing Quotes & Poems</p> <ul style="list-style-type: none"> - 1:30-2:30pm - Movement Room <p>Building Creative Confidence: Preparing for Our Spring 2018 Gallery Art Show </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>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>Housing Resource Group </p> <ul style="list-style-type: none"> - 3:30-4:30pm - Movement Rm 	<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>Sock Monkeys! </p> <ul style="list-style-type: none"> - 12:30-2:30pm - Living Room <p>Gentle Yoga </p> <ul style="list-style-type: none"> - 1:00-2:15pm - Movement Rm

- Classes tend to be small and informal. These are safe, respectful spaces. Feel free to come and go as you please. *(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:** Practice art-making in a non-judgmental environment. Print-making, watercolors, and more! Mondays with Moira.
- **Building Creative Confidence:** Join us for a series of art experiments as we learn new skills and experiment with materials. Wednesdays with Moira. Public gallery art show and art sale to be held May 3rd during First Thursday. Art made during Wellness groups with materials provided eligible for show/sale.
- **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 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!
- **Housing Resource Group:** This group is designed to help you learn about the types of housing you qualify for, and how to apply. Tuesdays and Thursdays with Emily and Mat.
- **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.
- **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.
- **Tame Your Pain:** Pain education as well as training and practice with strategies such as sleep hygiene, pacing, body mechanics. Tues with Kera.