



ON OUR OWN OF FREDERICK COUNTY

# January 2023

## EVENT CALENDAR



Warmline: 301 620 0555

Office: 240 629 8015

22 S Market St, Suite 110

Frederick, MD 21701

Mon - Fri: 9:30AM-5PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>Sorry We're CLOSED</b>	3 Peer Support 1PM	4 <b>NO REIKI</b> Peer Support 1PM Meditation 3PM	5 Peer Support 1PM <b>RPS Supervision 3PM</b>	6 Peer Support 1PM Movie Time 2PM Housing Workshop 3PM	7 <b>First Saturday 12PM Outreach</b> <b>DEPENDING ON WEATHER</b>
8	9 Haircuts by Edward 12-2 Journaling 11AM Peer Support 1PM <b>RPS Supervision 3PM</b>	10 Peer Support Disabilities 12 or 1PM <b>JEWELRY MAKING</b>  <b>2PM</b>	11 <b>REIKI 11AM</b> Peer Support 1PM Meditation 2PM	12 Peer Support 1PM <b>RPS Supervision 3PM</b>	13 Peer Support 1PM Movie Time 2PM Housing Workshop 3PM	14
15	16 <b>Sorry We're CLOSED</b>	17 Peer Support 1PM <b>Let's All 4-5PM Go Bowling!</b> 	18 <b>REIKI 11AM</b> Peer Support 1PM Meditation 2PM	19 Peer Support 1PM <b>RPS Supervision 3PM</b>	20 Peer Support 1PM Movie Time 2PM Housing Workshop 3PM	21
22	23 Haircuts by Edward 12-2 Journaling 11AM Peer Support 1PM <b>RPS Supervision 3PM</b>	24 <b>B-day Celebrations 12PM</b> Peer Support 1PM <b>ART/CRAFT GROUP 3PM</b>	25 <b>REIKI 11AM</b> Peer Support 1PM Meditation 2PM	26 Peer Support 1PM <b>RPS Supervision 3PM</b>	27 Peer Support 1PM Movie Time 2PM Housing Workshop 3PM	28
29	30 Haircuts by Edward 12-2 Journaling 11AM Peer Support 1PM <b>RPS Supervision 3PM</b>	31 <b>**GIFT CARDS: Ballin' on a Budget 12PM</b> Peer Support 1PM				





Groups in Black   
Groups in Red   
Groups in Purple are  
**IN PERSON ONLY**




Warm Line: 301-620-0555

Weekdays 9:30AM-5PM.

Weekends 10AM-10PM.

Mission Statement	Who Is It For?	Vision Statement
Through peer support, we offer acceptance and a safe and supportive space for people with mental health and substance use challenges to heal, reconnect and find our way forward.	All Frederick County adults who are interested in improving their lives and moving forward in their recovery with others who have similar life experience.	Frederick County will be a place where ALL can select their OWN recovery path and will be supported in their choices.
Peer Support Group	A place for peers to offer support to each other. Each group is different and has a topic for the day. Topics include self-care, managing stress and anxiety, short term and long-term goals, discussions on gratitude, resources in the community, mental health and substance use support, etc.	
Warmline (301)620-0555	Our warmline is answered by a peer weekdays from 9:30-5pm and weekends 10-10PM. If we are on another call or meeting with someone else, we return the calls as soon as possible. Our warmline is meant for anyone struggling at needs a listening ear.	
GROUP ANNOUNCEMENTS & SERVICES	<u>Hair-Cuts and Trims</u> (for men) provided at NO COST by Edward Neveau, <u>MONDAY's</u> 11-2PM. Please make an appointment in advance if possible. 	<u>TICKET PROGRAM:</u> We will now provide group participants and walk-in's with tickets for a chance to win a \$50 GC, come to the center for more details!! 

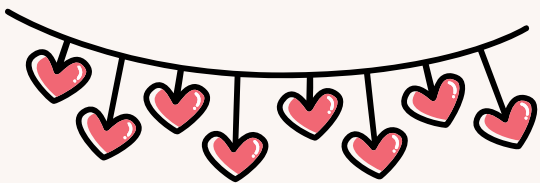
PLEASE JOIN US FOR




SPECIAL ACTIVITIES!

SAVE THE DATES

EVENTS & REMINDERS



February 14th - Valentines Day Party



**January 17th - "Bowling Day!":** we will be going to 4th Dimension together, first come first serve please see Chris for more details.

**January 31st - "GIFT CARDS":** we are adding a "twist" to ballin on a budget, not only will you get extra tickets and make an amazing snack but we will be giving out gift cards!! This is first come first serve, see Jordan for more details.

**UPCOMING CLOSURES:**

- January 2nd - "New Years".
- January 16th - "MLK Day"
- February 20th - "Presidents Day"