

# February

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
|   |   |  |  |  | 1  | 2   |
|    |   |  |  |  | 10:00am Check-In<br>11:00am Anxiety Support<br>12:00pm Schizophrenia Alliance<br>1:00pm Movie Time<br>3:30pm Check Out Group | 9:00am Coffee & Conversation<br>10:00am Check-In<br>11:00am Dual Recovery Anonymous<br>Movie Time<br><br>Closed at 1:00pm |
| 3   | 4   | 5  | 6  | 7  | 8  | 9   |
|    | 10:00am Check-In<br>10:30am Expressions<br>12:00pm Schizophrenia Alliance<br>1:30pm Life Skills<br>3:15pm Check Out Group                 | 10:00am Check-In<br>10:30am Medication Management<br>12:00pm Mental Wellness<br>1:00pm Dr. Goodman<br>2:00pm Games<br>3:15pm Check Out Group | 10:00am Check-In<br>10:30am Men/Women Group<br>12:00pm Lunch<br>12:00pm Schizophrenia Alliance<br>1:30pm Walking Group<br>3:15pm Check Out Group | 10:00am Check-In<br>10:30am Music Processing Group<br>12:00am Coping with Anger<br>1:00pm Dr. Goodman<br>3:15pm Check Out Group<br><br><b>It's My Life</b> | 10:00am Check-In<br>11:00am Anxiety Support<br>12:00pm Schizophrenia Alliance<br>1:00pm Movie Time<br>3:30pm Check Out Group | 9:00am Coffee & Conversation<br>10:00am Check-In<br>11:00am Dual Recovery Anonymous<br>Movie Time<br><br>Closed at 1:00pm |
| 10  | 11  | 12   | 13   | 14   | 15   | 16  |
|    | 10:00am Check-In<br>10:30am Self-Esteem<br>12:00pm Schizophrenia Alliance<br>1:30pm Life Skills<br>3:15pm Check Out Group                 | 10:00am Check-In<br>10:30am Medication Management<br>12:00pm Mental Wellness<br>1:00pm Dr. Goodman<br>2:00pm Games<br>3:15pm Check Out Group | 10:00am Check-In<br>10:30am Men/Women Group<br>12:00pm Lunch<br>12:00pm Schizophrenia Alliance<br>1:30pm Walking Group<br>3:15pm Check Out Group | 10:00am Check-In<br>10:30am Music Processing Group<br>12:00am Coping with Anger<br>1:00pm Dr. Goodman<br>3:15pm Check Out Group<br><br><b>It's My Life</b> | 10:00am Check-In<br>11:00am Anxiety Support<br>12:00pm Schizophrenia Alliance<br>1:00pm Movie Time<br>3:30pm Check Out Group | 9:00am Coffee & Conversation<br>10:00am Check-In<br>11:00am Dual Recovery Anonymous<br>Movie Time<br><br>Closed at 1:00pm |
| 17  | 18  | 19   | 20   | 21   | 22   | 23  |
|  | <b>PRESIDENT'S DAY</b><br>                             | 10:00am Check-In<br>10:30am Medication Management<br>12:00pm Mental Wellness<br>1:00pm Dr. Goodman<br>2:00pm Games<br>3:15pm Check Out Group | 10:00am Check-In<br>10:30am Men/Women Group<br>12:00pm Lunch<br>12:00pm Schizophrenia Alliance<br>1:30pm Walking Group<br>3:15pm Check Out Group | 10:00am Check-In<br>10:30am Music Processing Group<br>12:00am Coping with Anger<br>1:00pm Dr. Goodman<br>3:15pm Check Out Group<br><br><b>It's My Life</b> | 10:00am Check-In<br>11:00am Anxiety Support<br>12:00pm Schizophrenia Alliance<br>1:00pm Movie Time<br>3:30pm Check Out Group | 9:00am Coffee & Conversation<br>10:00am Check-In<br>11:00am Dual Recovery Anonymous<br>Movie Time<br><br>Closed at 1:00pm |
| 24  | 25  | 26   | 27   | 28   |  |   |
|  | 10:00am Check-In<br>10:30am <b>ALL PEER PLACE MEETING</b><br><b>11:00pm Special Event</b><br>1:30pm Life Skills<br>3:15pm Check Out Group | 10:00am Check-In<br>12:00pm Mental Wellness<br>1:00pm Dr. Goodman<br>2:00pm Games<br>3:15pm Check Out Group                                  | 10:00am Check-In<br>10:30am Men/Women Group<br>12:00pm Lunch<br>12:00pm Schizophrenia Alliance<br>1:30pm Walking Group<br>3:15pm Check Out Group | 10:00am Check-In<br>10:30am Music Processing Group<br>12:00am Coping with Anger<br>1:00pm Dr. Goodman<br>3:15pm Check Out Group<br><br><b>It's My Life</b> |  |   |

# 2019



*It's Okay to Get Help!*

**Peer Place Community Support Center**  
909 Fern Street  
West Palm Beach, FL 33401  
Phone: (561) 712-0584  
M-F 8:30am-4:00pm  
S 9am-1pm

If you are looking for mental health resources, please call  
**(561) 801-HELP(4357)**

1-on-1 Peer Support WHAM & WRAP Offered upon request.

**Lunch & Learn 2/25/19**  
  
**ALL PEER PLACE MEETING**  
**2/25/2019**