



RCOC Group Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 3pm- - Wellness Planning 4pm- Laughter is the Best Medicine 6:00pm- Spanish Speaking Recovery group	3 10am-Stress Reduction 2pm-Aromatherapy	4 2:30pm-3:30pm-Life Skills 4:00pm-Spanish Speaking Family Support 5:30pm-6:30pm Relapse Prevention Group	5 2:30pm Job Readiness Workshop	6	7 10am-11am-LGBTQ 2pm-Recreation
8 CLOSED	9 3pm- - Wellness Planning 4pm- Laughter is the Best Medicine 6:00pm- Spanish Speaking Recovery group	10 10am-Stress Reduction 2pm-Aromatherapy	11 2:30pm-3:30pm-Life Skills 4:00pm-Spanish Speaking Family Support 5:30pm-6:30pm Relapse Prevention Group	12 2:30pm Job Readiness Workshop	13	14 10am-11am-LGBTQ 2pm-Recreation
15 CLOSEDpoo	16 3pm- - Wellness Planning 4pm- Laughter is the Best Medicine 6:00pm- Spanish Speaking Recovery group	17 10am-Stress Reduction 2pm-Aromatherapy	18 2:30pm-3:30pm-Life Skills 4:00pm-Spanish Speaking Family Support 5:30pm-6:30pm Relapse Prevention Group	19 2:30pm Job Readiness Workshop	20	21 10am-11am-LGBTQ 2pm-Recreation
22 CLOSED	23 3pm- - Wellness Planning 4pm- Laughter is the Best Medicine 6:00pm- Spanish Speaking Recovery group	24 10am-Stress Reduction 2pm-Aromatherapy	25 2:30pm-3:30pm-Life Skills 4:00pm-Spanish Speaking Family Support 5:30pm-6:30pm Relapse Prevention Group	26 2:30pm-Job Readiness Workshop	27	28 10am-11am-LGBTQ 2pm-Recreation
29 CLOSED	30 3pm- Intro to Advocacy 4pm- Values of Peer Leadership 6:00pm-Spanish Speaking Recovery group	31 10am-Stress Reduction 2pm-Aromatherapy				