












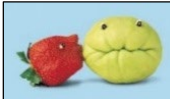




Free Groups & Classes!

Drop-In Activities for All Patients & Clients of Central City Concern Unless Otherwise Noted

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Acupuncture: 1:00-3:45pm</p>	<p>Acupuncture: 8:30-10:30am</p>	<p>Acupuncture: 1:00-3:45pm</p>	<p>No Acupuncture</p>	<p>Acupuncture: 8:30-10:45am</p>
<p>Healing Power </p> <p>- 11:00am-Noon - <i>1st floor OTRC classroom</i></p> <p>Healing Power </p> <p>- <i>Open to the Public</i> - Noon-1:00pm - <i>1st floor OTRC classroom</i></p> <p>Art for Everybody</p> <p>- 1:00-2:00pm - Movement Room</p>  <p>Gentle Yoga</p> <p>- 2:00-3:15pm - Movement Room</p> 	<p>Relationship Safety & Skills</p> <p>- 9:30-11:00am - OTRC 2nd floor - <i>Meet in OTRC 2nd floor lobby</i></p> <p>Healing Power </p> <p>- 11:00am-Noon - Movement Room</p> <p>Peer-Led Knit & Crochet Social Circle </p> <p>- 1:30-2:30pm - Movement Room - <i>Note: No staff instructor</i></p> <p>Healthy Cooking on a Budget </p> <p>- 3:00-5:00pm - Living Room</p> <p>Housing Resource Group </p> <p>- <i>Re-starts June 18th</i> - 3:30-4:30 - Movement Rm - <i>Must be a patient at OTC to attend</i></p>	<p>Healing Power & Meditation </p> <p>- 11am-Noon - Optional Meditation: noon-12:30 - 1st Floor Atrium</p> <p>Healing Quotes & Poems</p> <p>- 1:30-2:30pm - Movement Room</p> <p>Art for Everybody</p> <p>- 2:30-4:00pm - Movement Rm</p> 	<p>Ceramics</p> <p>- 1:00-2:30pm - Movement Room</p>  <p>Sing-Along Sober Karaoke</p> <p>- 2:30-3:30pm - Movement Room</p>  <p>Grupo de Recursos de Vivienda</p> <p>- <i>Empezera 20 de Junio</i> - 3:30-4:30 - Movement Rm - For Spanish speakers</p> 	<p>Grupo de Nutrición (Latinx)</p> <p>- Enseñado en español! - 10am-11am - Movement Room</p>  <p>Tobacco Quit Group</p> <p>- 11am - Noon - Movement Room</p> <p>Make a Sock Monkey!</p> <p>- 12:30-2:30pm - Living Room - <i>Meet in OTRC 1st floor lobby</i></p>  <p>Gentle Yoga</p> <p>- 1:00-2:15pm - Movement Rm</p> 

- Classes are small and informal. These are safe, respectful spaces. (Group descriptions are on the back.)
- Unless otherwise noted, go to the Old Town Clinic 2nd floor waiting room. Someone will gather people up at group start time.

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. Wednesdays with Moira and professional artist Jeff.
- **Ceramics:** Need a cup? Want to make a gift? Come, hang out, and experiment with clay! Thursdays with Moira.
- **Gentle Yoga:** Stretch, relax, renew with beginners-level yoga poses for every body! Mon & Fri with Living Yoga instructors and Moira.
- **Grupo de Nutrición (Latinx):** Aprenda sobre nutrición básica, como implementar hábitos más saludables en su dieta, y datos divertidos sobre la comida. Grupo esta enseñado en español por una instructora Latina. Viernes con Cindy.
- **Grupo de Recursos de Vivienda:** Reciba ayuda con aplicaciones de vivienda y aprenda para que programas de vivienda esta elegible usted. Jueves con Cindy. Grupo es para personas que hablan español con instructora Latina.
- **Healing Power:** 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, and moving forward. Weds with Anne.
- **Healthy Cooking on a Budget:** Help prepare a low-cost, healthy, delicious meal, then eat with us family-style! 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:** Get help finding out which housing you may qualify for and get help filling out applications. Tuesdays with Cindy. Please note: You must be a patient at Old Town Clinic to attend this group.
- **Make a Sock Monkey!** Learn to stitch and build your own sock monkey, step by step. Fridays with Hayden and Linda.
- **Peer-Led Knit & Crochet Social Circle:** Come work on your project in a social circle! *Note: no staff instructor.* Tuesday afternoons.
- **Relationship Safety & Skills Group:** Safety planning and information on relationship dynamics. Fridays with Em.
- **Sing-Along Sober Karaoke:** Sing familiar songs with the group and chase the blues away! Thursdays with Moira.
- **Tobacco Quit Group:** Information, tools, and support around reducing or quitting tobacco. Fridays with Anne.