


Palmer



Recovery

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 Al-Anon 11am-12pm 11 th Step AA 7-8pm	
2 AA 12pm Veterans Peer Group 4-6pm SLAA 6:30pm	3 NA 12pm AA 5:30pm Men's AA 7-8pm	4 NA 12pm Women's AA 5:30pm	5 Trauma Informed Yoga 530-630pm 11 th Step AA 7-8pm	6 Ind. Civilian Trauma Sessions 5-6pm Civilian Trauma Support Group 6-7pm	7 Veterans Services 9-4pm VET Housing Rep 12-2pm VET Peer Support Group 2-3pm VET Ind. Trauma Sessions 5-6pm VET Trauma Support Group 6-7pm	8 Yoga 930-1030am Al-Anon 11am-12pm 11 th Step AA 7-8pm	
9 AA 12pm SLAA 6:30pm	10 NA 12pm AA 5:30pm Men's AA 7-8pm	11 Veterans Services 9-1130am VET Massage Therapy** 2-4pm NA 12pm Women's AA 5:30pm Health/Wellness Seminar 7-8:30pm	12 11 th Step AA 7-8pm	13 CPS Rhonda G. 9-1pm Resume & job app 10-12pm SASSEO 6:30-8pm	14 Veterans Services 9-4pm	15 Yoga 930-1030am Al-Anon 11am-12pm Twin Rivers 1230-6pm 11 th Step AA 7-8pm	
16 AA 12pm Creative Expressions 1:30-3pm Veterans Peer Group 4-6pm SLAA 6:30pm	17 NA 12pm AA 5:30pm Men's AA 7-8pm	18 Veterans Services 9-1130am & 2-4pm NA 12pm Women's AA 5:30pm SYNC Ukulele w/Jim 7pm	19 Trauma Informed Yoga 530-630pm 11 th Step AA 7-8pm	20 CPS Rhonda G. 9-1pm Ind. Civilian Trauma Sessions 5-6pm Civilian Trauma Support Group 6-7pm	21 Veterans Services 9-4pm VET Peer Support Group 2-3pm VET Ind. Trauma Sessions 5-6pm VET Trauma Support Group 6-7pm	22 Yoga 930-1030am Al-Anon 11am-12pm Big Book Study 1pm-6pm 11 th Step AA 7-8pm	
23 AA 12pm SLAA 6:30pm	24 NA 12pm AA 5:30pm Men's AA 7-8pm	25 Veterans Services 9-1130am VET Massage Therapy** 2-4pm NA 12pm Women's AA 5:30pm Health/Wellness Seminar 7-8:30pm	26 11 th Step AA 7-8pm	27 CPS Rhonda G. 9-1pm Resume & job app 10-12pm SASSEO 6:30-8pm	28 Veterans Services 9-4pm VSO Benefits Officer 9-12pm SYNC Movie Night 6:45-9:15pm Please register at syncrecovery.org	29 Yoga 930-1030am Al-Anon 11am-12pm 11 th Step AA 7-8pm	
30 AA 12pm Veterans Peer Group 4-6pm SLAA 6:30pm	31 NA 12pm AA 5:30pm Men's AA 7-8pm	 <p style="text-align: center;">Veteran's Services @ PRC Check out BattleBorne and NorthBound's support groups throughout the week at PRC! (Trauma yoga, Ind. & group trauma sessions, VET peer support, Health/Wellness) **Please contact jen.zigd1968@gmail.com to reserve a time slot</p>					