

# Palmer Recovery Center

2906 William Penn Hwy Suite #101/ #202 Easton, PA 18045 610-438-0853



## May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>AA 12pm Palmer Grief Support Group 1:30-3pm 3LAA Step Workbook 5:30pm 3LAA 6:30pm Palmer Recovery Dharma 7:45pm</p>	<p>2</p> <p>NA 12pm Men's AA 7-8pm NAMI – Family/Loved One Education Course • Suite 202 - 7-9:30pm</p>	<p>3</p> <p>Veterans Services 9-4pm NA 12pm Women's AA 5:30pm</p>	<p>4</p> <p>REACHLV / Penn Foundation • Suite 202 - 3-5pm Trauma Informed Yoga 5:30-6:30pm 11<sup>th</sup> Step AA 7-8pm</p>	<p>6</p> <p>CP 8 Rhonda G. 9-1pm Resume &amp; Job app 10-12pm Civilian Trauma Support Group 6-7pm 3NAP OUT Seminar • Suite 202 - 6-7pm</p>	<p>8</p> <p>Veterans Services 9-4pm VET Housing Rep 12-2pm VET Peer Support Group 2-3pm VET Trauma Support Group 6-7pm</p>	<p>7</p> <p>Al-Anon 11am-12pm 11<sup>th</sup> Step AA 7-8pm</p>
<p>8</p> <p>AA 12pm Veterans Peer Support Group 4-6pm 3LAA 6:30pm Palmer Recovery Dharma 7:45pm</p>	<p>9</p> <p>NA 12pm Men's AA 7-8pm NAMI – Family/Loved One Education Course • Suite 202 - 7-9:30pm</p>	<p>10</p> <p>Veterans Services 9-4pm VET Massage Therapy** 2-4pm NA 12pm Women's AA 5:30pm Health/Wellness Seminar 7-8:30pm</p>	<p>11</p> <p>11<sup>th</sup> Step AA 7-8pm</p>	<p>12</p> <p>CP 8 Rhonda G. 9-1pm Resume &amp; Job app 10-12pm 3A 88EO 6:30-8pm</p>	<p>13</p> <p>Veterans Services 9-4pm</p>	<p>14</p> <p>Al-Anon 11am-12pm 11<sup>th</sup> Step AA 7-8pm</p>
<p>16</p> <p>AA 12pm Creative Expressions 1:30-3pm 3LAA Step Workbook 5:30pm 3LAA 6:30pm Palmer Recovery Dharma 7:45pm</p>	<p>18</p> <p>NA 12pm Men's AA 7-8pm NAMI – Family/Loved One Education Course • Suite 202 - 7-9:30pm</p>	<p>17</p> <p>Veterans Services 9-4pm NA 12pm Women's AA 5:30pm</p>	<p>18</p> <p>Trauma Informed Yoga 5:30-6:30pm 11<sup>th</sup> Step AA 7-8pm</p>	<p>19</p> <p>CP 8 Rhonda G. 9-1pm Resume &amp; Job app 10-12pm Civilian Trauma Support Group 6-7pm 3NAP OUT Seminar • Suite 202 - 6-7pm</p>	<p>20</p> <p>Veterans Services 9-4pm VET Housing Rep 12-2pm VET Peer Support Group 2-3pm VET Trauma Support Group 6-7pm</p>	<p>21</p> <p>Al-Anon 11am-12pm Twin Rivers 12:30-6pm 11<sup>th</sup> Step AA 7-8pm</p>
<p>22</p> <p>AA 12pm Veterans Peer Support Group 4-6pm 3LAA 6:30pm Palmer Recovery Dharma 7:45pm</p>	<p>23</p> <p>NA 12pm Men's AA 7-8pm NAMI – Family/Loved One Education Course • Suite 202 - 7-9:30pm</p>	<p>24</p> <p>Veterans Services 9-4pm VET Massage Therapy** 2-4pm NA 12pm Women's AA 5:30pm Health/Wellness Seminar 7-8:30pm</p>	<p>26</p> <p>11<sup>th</sup> Step AA 7-8pm</p>	<p>28</p> <p>CP 8 Rhonda G. 9-1pm Resume &amp; Job app 10-12pm 3A 88EO 6:30-8pm</p>	<p>27</p> <p>Veterans Services 9-4pm V&amp;O Benefits Officer 9-12pm</p>	<p>28</p> <p>Al-Anon 11am-12pm 11<sup>th</sup> Step AA 7-8pm</p>
<p>29</p> <p>AA 12pm 3LAA Step Workbook 5:30pm 3LAA 6:30pm Palmer Recovery Dharma 7:45pm</p>	<p>30</p> <p>MEMORIAL DAY NA 12pm Men's AA 7-8pm</p>	<p>31</p> <p>Veterans Services 9-4pm NA 12pm Women's AA 5:30pm</p>				

### Veteran's Services @ PRC

Check out Battle Borne and NorthBound's support groups throughout the week at PRC! (Trauma yoga, group trauma sessions, VET peer support, Health/Wellness)

\*\*Please contact [jen.zigd1968@gmail.com](mailto:jen.zigd1968@gmail.com)

to reserve a time slot for VET Massage Therapy

