



recovery • rest • renewal • recreation • relationships

# January 2019

## R Place Peer Recovery Center

Open  
Monday-Friday  
1 - 5pm  
Saturdays  
11am - 3pm

10 East Benton St  
Iowa City, Iowa  
52240

319-354-3455

RPlacePeerCenter  
@gmail.com

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*All calendar events may be subject to change without notice.	3 1 2:30pm Zentangle Drawing	0 1 <b>CLOSED</b>	0 2 2:30pm WRAP 5:30 CSSG	0 3 4pm Hearing Voices / Special Msg	0 4 11am TIY 2:30pm Journaling	0 5 11am - 3pm Coffee & Conversation
0 6 CSSG = Connection Support Group	0 7 2:30pm Mindful Moments	0 8 Community Engagment 5:30 CSSG	0 9 2:30pm WRAP	1 0 2:30pm Seeking Safety Group	1 1 11am TIY 2pm Painting with Leann	1 2 11am - 3pm Coffee & Conversation
1 3 Wellness Recovery Action Plan	1 4 2:30pm Mindful Moments	1 5 2pm Pet Therapy w/ Denali 5:30 CSSG	1 6 2:30pm WRAP	1 7 2:30pm Role Playing Games 5:30 HVSM	1 8 11am TIY 2:30pm Journaling	1 9 1pm Improv Comedy
2 0	2 1 2:30pm Mindful Moments	2 2 2:30pm Rent Wise 5:30 CSSG	2 3 2:30pm WRAP	2 4 2:30pm Adult Coloring	2 5 11am TIY 2:30pm A2I Advocacy	2 6 11am - 3pm Coffee & Conversation
2 7	2 8 2-4pm Sound Healing	2 9 2:30pm Rent Wise 5:30 CSSG	3 0 2:30pm WRAP	3 1 2:30pm Card Making	HVSM= Hearing Voices / Special Msgs Group	TIY = Trauma Informed Yoga