



recovery • rest • renewal • recreation • relationships

# November 2018

## 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
	HVSM= Hearing Voices / Special Msgs Group	CSSG = Connection Signature Support Group	Wellness Recovery Action Plan	0 1 2pm Walking Gtoup 5:30pm HVSM	0 2 2:30pm Journaling Workshop	0 3 Open 11am - 3pm
0 4	0 5 2:30pm Mindful Moments	0 6 2:30pm Community Engagment 5:30 CSSG	0 7 2:30pm WRAP	0 8 2pm UofI Nurses: Fibromyalgia	0 9 2:30pm Painting with Leann	1 0 Open 11am - 3pm
1 1	1 2 2:30 Intro to Sound Healing	1 3 2pm Short Story Reading 5:30 CSSG	1 4 2:30pm WRAP	1 5 2:30pm Zentangle Drawing 5:30pm HVSM	1 6 2:30pm Journaling & Writing	1 7 1pm Improv Comedy
1 8	1 9 2:30pm Mindful Moments	2 0 2-3:15pm Pet Therapy w/ Denali 5:30 CSSG	2 1 2:30pm WRAP	2 2 CLOSED	2 3 for THANKS	2 4 GIVING
2 5	2 6 2:30pm Mindful Moments	2 7 2pm Adult Coloring 5:30 CSSG	2 8 2:30pm WRAP	2 9 2:30pm Writing Poetry	3 0 2:30pm A2I Advocacy Workshop	*All calendar events may be subject to change with- out notice.