

# PATHWAYS

## Peer Support



Funding is provided through:



Please contact us at 419-289-1903, ext. 24 for more information.

\*An asterisk (\*) denotes groups being held both via Zoom and in-person.

+A plus sign (+) denotes new group starting.

**ALL ZOOM MEETINGS USE THE SAME MEETING ID, WEB ADDRESS AND PHONE**

**NUMBER: Meeting ID: 953 1369 3874 PASSCODE: 459097 (Required)**

**Web Address: <https://zoom.us/j/95313693874> Phone Number: 646 558 8656**

### **MONDAY, December 28, 2020**

11:00 – Check-In via Zoom

\*+1:00-3:00 – Art for the New Year

### **TUESDAY, December 29, 2020**

11:00-12:00 – Check-In via Zoom

1:00-2:00 – Bible Study – *Battlefield of the Mind* via Zoom

### **THURSDAY, December 31, 2020**

**ALL DAY – CLOSED FOR NEW YEAR'S HOLIDAY!**

### **MONDAY, January 04, 2021**

11:00-12:00 – Check-In via Zoom

+1:00-2:00 – Processing Holiday Stress via Zoom

### **TUESDAY, January 05, 2021**

11:00-12:00 – Check-In via Zoom

1:00-2:00 – Bible Study – *Battlefield of the Mind* via Zoom

3:00-3:45 – Drum Circle – with Music Therapist Angel Foss – MEET at UH on Main St.

### **THURSDAY, January 07, 2021**

\*10:00-12:00 – Check-In via Zoom and In-Person

2:00-3:00 – Body Keeps the Score via Zoom

### **MONDAY, January 11, 2021**

11:00-12:00 – Check-In via Zoom

+1:00-2:00 – Creating a Food Budget via Zoom (Lori Lowman)

\*2:15-4:00 – Writing Group – via Zoom & In-Person (Diana Spore)

### **TUESDAY, January 12, 2021**

11:00-12:00 – Check-In via Zoom

1:00-2:00 – Bible Study – *Battlefield of the Mind* via Zoom

3:00-3:45 – Drum Circle – with Music Therapist Angel Foss – MEET at UH on Main St.

**THURSDAY, January 14, 2021**

11:00-12:00 – Check-In via Zoom

2:00-3:00 – Mindfulness and Relaxation via Zoom

**MONDAY, January 18, 2021**

**CLOSED FOR HOLIDAY – Martin Luther King, Jr. Day**

**TUESDAY, January 19, 2021**

11:00-12:00 – Check-In via Zoom

1:00-2:00 – Bible Study – *Battlefield of the Mind* via Zoom

3:00-3:45 – Drum Circle – with Music Therapist Angel Foss – MEET at UH on Main St.

**THURSDAY, January 21, 2021**

\*10:00-12:00 – Check-In via Zoom and In-Person

2:00-3:00 – Health-Wise via Zoom (Denise Conrad)

**MONDAY, January 25, 2021**

11:00-12:00 – Check-In via Zoom

+1:00-2:00 – Eating Better on a Budget via Zoom (Lori Lowman)

\*2:15-4:00 – DARE Writing Group – via Zoom & In-Person (Diana Spore)

**TUESDAY, January 26, 2021**

11:00-12:00 – Check-In via Zoom

1:00-2:00 – Bible Study – *Battlefield of the Mind* via Zoom

3:00-3:45 – Drum Circle – with Music Therapist Angel Foss – MEET at UH on Main St.

**THURSDAY, January 28, 2021**

11:00-12:00 – Check-In via Zoom

\*+2:00-4:00 – Introduction to WHAM

**MONDAY, February 01, 2021**

11:00-12:00 – Check-In via Zoom

1:00-2:00 – Mindfulness and Relaxation via Zoom

**TUESDAY, February 02, 2021**

11:00-12:00 – Check-In via Zoom

1:00-2:00 – Bible Study – *Battlefield of the Mind* via Zoom

**THURSDAY, February 04, 2021**

\*10:00-12:00 – Check-In via Zoom and In-Person

\*2:00-4:00 – WHAM