





Hearts & Ears Inc

April 2009

Wellness Recovery for the GLBT Community

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 WRAP Group 6:00pm-8:30pm	2 Consumer Advisory Meet- ing	3	4 Topic: Reducing Stress
5 Bach Concert Series -- Free 701 N. Charles St. 4:00-5 :00pm	6	7 Social Skills	8 WRAP Group 6:00pm-8:30pm	9 Peer Support	10	11 Topic: Goals in Recovery
12 Center Closed Happy Easter 	13	14 Dual Recovery Last day for outing registra- tion 3/19/09	15 WRAP Group 6:00pm-8:30pm	16 Peer Support	17	18 Topic: Relapse-What to Do?
19 Towson Uni- versity Women's Choir April 19, 3:00 p.m. to 5:00	20	21 Trip to Main Library @ 3:00pm 	22 WRAP Group 6:00pm-8:30pm	23 Peer Support	24	25 Topic: Recovery Lessons Putting it all Together
26	27	28	29 WRAP Group 6:00pm-8:30pm	30 Peer Support		

Activities are subject to change.

Drop-in center hours
Tues, Thurs, Sat: 4-9pm
Sun: 1-6pm

Social Skills Group: Tues. 6:30pm
Dual Recovery Group: every 2nd Tue. 6:30pm
WRAP : Wed. 6:00pm-8:30pm
Consumer Advisory Meeting: 1st Thu. Of every month 5:30pm
Peer Support Group: Thu. 6:30pm
Life Skills Group: Sat. 4:30pm
Women's Group: Sun. 3:30pm
ALL GROUPS 1 HOUR OR MORE
Please meet @ the Drop in center 3pm 3/5, 2pm 3/19,3/21 for group outings .
Movie Night: Sat. 7:00pm
(No snacks or drinks will be handed out during group sessions.)

Hearts & Ears Inc
10 W. Biddle Street Ste 1F
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Recovery For Life:

A program that is designed to offer people with mental health issues and concerns the choice of recovery. Recovery can be a life long journey. This is not a 12 STEP program.