



Recovery Zone of Logan Co.

Peer Recovery Center (PRO) / Recovery Community Organization (RCO)

FREE Services, No Appt Needed Mon-Thurs 10am-2:30pm

440 S. St. Paris St, Bellefontaine, OH 43311
(937)593-9391 / (937) 210-9003

www.recoveryzonelcc.org

Facebook: [@recoveryzonelc](https://www.facebook.com/recoveryzonelc)

NOVEMBER 2022

Recovery Self-Help, Educational & Supportive Groups, Referrals, One-on-One Certified Peer Support & More

Thanksgiving Schedule

Monday, 11/14: Give Back Opp: 10:30-11:30 Second Harvest Mobile Pantry, DeGraff (Does not affect Groups)

Wednesday, 11/23: RZ Thanksgiving Meal 1 (Open regular hours w/ groups)

Thursday, 11/24, & Friday, 11/26: Open 11-1:30 & Serving Thanksgiving Meals 2 & 3

Saturday, 11/27: Sober Club OPEN 11:30am-11:30pm

With AA Meetings at Noon, 6pm & 10pm, Euchre Tournament at 7pm

SUNDAYS

5:30pm: **NA** Phoenix Venture Group (Open Discussion) 7pm: **AA** New Life Beginners (Open Discussion)

MONDAYS

10:30am: Check-In Group

11am: **Certified Peer Supporter Led Recovery Group with Becca**

1pm: Trauma-Informed YOGA (for all levels) w/Homegrown Yoga

6:30pm: **NA** Just for Today (Open Discussion)

TUESDAYS

11am: **Certified Peer Supporter Led Recovery Group with Brenda**

1pm: **FUN Group with Brenda** (Recovery Zone "Wheel of Fortune" w gift card prizes)

WEDNESDAYS

11am: Trauma-Informed YOGA (for all levels) w/Homegrown Yoga

1pm: "REAL TALK" with Emily, *Community Health & Wellness Partners Therapist*

THURSDAYS

9am: **AA** Early Literature Study (Open Reading)

11am: **Certified Peer Supporter Led Recovery Group with Kathy**

1pm: **FUN Group** - Love Yourself B-I-N-G-O

FRIDAYS – Field Trip/Give Back/Activity Days

Nov 11 Discovery Riders – Horse Therapy

Nov 18 Ohio History Connection - Columbus Nov 26: See Thanksgiving Schedule Above

7:30pm: **NA** Guiding Principles (Open Reading)

SATURDAYS

12pm: **AA** Living Sober (Open Reading)

6pm: **AA** Open Beginner's 12-Step (Open Reading)

7:30pm: **NA** Steps & Traditions

LEADERSHIP TEAM

Kathy Zeller	Director, CPRS/CDCA	(937) 407-4547	kathy@recoveryzonelc.org
Rebecca Beasley	Asst Program Dir, CPRS/CDCA	(937) 844-3380	rebecca@recoveryzonelc.org
Brenda Phelps	Peer House Mgr./CPRS	(937) 896-7800	brenda@recoveryzonelc.org
Cody Watt	Certified Peer Recovery Supporter	(937) 404-8796	cody@recoveryzonelc.org
JR Frost	Building Maintenance/Driver	(937) 597-2607	