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**

JULY 2022 Building, Programming & Events Schedule

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

JULY Additions/Exceptions:
Saturday, 7/2: IL Fireworks
Monday, 7/4: CLOSED
*Friday, 7/8: Field Trip is 2-8pm

SUNDAYS

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

MONDAYS

10:30am: **Check-In Group**
11am: **Trauma-Informed YOGA (for all levels) w/Homegrown Yoga**
1pm: Peer Support Group– June Topic: **"Telling your Recovery Story" w/Ashley**

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

TUESDAYS

11am: Peer Support Group– June Topic: **"12-Step principles" w/Becca**
1pm: Peer Support Group – June Topic: **"Exploring alternative healing" w/Brenda**

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: Peer Support Group– June Topic: **"Wellness Planning – Support System & Lifestyle " w/Kathy**
1pm: **Love Yourself B-I-N-G-O**

FRIDAYS

July 1 Cook-out at RZ **July 16** Logan Co Fair/Booth **July 29** TBD
July 8 *2-8pm w/Urbana RZ Pool Party**July 22** Give Back (Our Farm Animal Sanctuary)

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 & Tradition (Open Rotating)

LEADERSHIP TEAM

Kathy Zeller	Director/Cert Peer Recovery Supporter	(937) 407-4547	kathy@recoveryzonelc.org
Brenda Phelps	House Mgr./Cert Peer Recovery Supporter	(937) 896-7800	brenda@recoveryzonelc.org
Rebecca Beasley	Data Collection/Cert Peer Recovery Supprtr	(937) 844-3380	rebecca@recoveryzonelc.org
Cody Watt	Certified Peer Recovery Supporter	(937) 404-8796	cody@recoveryzonelc.org
JR Frost	Building Maintenance/Driver	(937) 597-2607	
Chrissy Williams	Driver		