



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)

OCTOBER 2022

SATURDAY, OCTOBER 8 - NAMI & Recovery Zone - Lions Ball Park, Shelter #3, West Liberty

21st Annual Mental Health Awareness Walk - 10:30AM-12:30PM

(Bring your voices and walking shoes for a 30-Minutes ANTI-Stigma Walk – Signs provided)

10:30-11:00 AM Welcome and Introductions: Org/Agency Speakers & Proclamation

11:00-11:30 AM NAMI Speaker & Stories of Recovery

11:30 AM --- Flower Release/Walk Starts

12:00 PM --- Lunch

12:30 PM --- Raffle and Door Prizes

SUNDAYS

6:30pm: **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

Oct 7 Prep for NAMI Walk (Sign Making)

Oct 21 Marmon Valley Farm

Oct 14 Fall Fun @ Young's Dairy

Oct 28 Closed until **6PM (Family-Friendly) Halloween Party**

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	