No Limits Outreach Center 4046 Twp. Rd. 246 Edison, Ohio 43320 419-946-5900 www.SafeHarborHelps.org

May **202**4

Mon-Fri, 9am-3pm Peer Socialization from 9:00am to 10:00 am



Monday	Tuesday	Wednesday	Thursday	Friday
Need a ride? Call for transportation by 9am *Scheduled activities may change based on availability.	*Check our Facebook Facebook <u>www.facebook.com/safe</u> <u>harborpeersupport</u> *Instagram @safeharborohio*	1 10:00am Southeast Grp: Mental Health Trivia 11:00am Marnie's Being Your Best 12:00pm Lunch 1:00pm Bingo 2:00pm Creative Art	2 10:00am Southeast Grp: Love Your Body 11:00am Baker's Delight 11:30am Lunch 12:30pm- 4:00pm Galloping to Wellness: Stockhands	3 10:00am Guided Meditation 10:30am TedTalk & Post Discussion 11:00am Free Art/ Wood Shop 12:30pm Movie & Popcorn
6 10:00am How does that work? 11:00am Motivational Music 12:00pm Lunch 1:00pm Self Care 2:00pm Wii Sports/ Wood Shop	7 10:00am M/M Trivia 11:00am NAMI Peer Support 12:00pm Lunch 1:00pm: Tee Shirts	8 10:00am Southeast Grp: Self-Control 11:00am Marnie's Being Your Best 12:00pm Lunch 1:00pm Creative/ Diamond Art 2:00pm Bingo	9 10:00am Southeast Grp: Reflections Q&A 11:00am Baker's Delight 11:30am Lunch 12:30pm- 4:00pm Galloping to Wellness: Stockhands	10 10:00am Guided Meditation 10:30am TedTalk & Post Discussion 11:00am Free Art/ Wood Shop 12:30pm Movie & Popcorn
13 10:00am How does that work? 11:00am Motivational Music 12:00pm Lunch 1:00pm Tee Shirts	14 10:00am M/M Trivia 10:30am Quilting 12:00pm Lunch 1:00pm Peer Meeting 1:30pm Tee Shirts	15 10:00am Southeast Grp: Mandalas 11:00am Marnie's Being Your Best 12:00pm Lunch 1:00pm Tee Shirts	16 10:00am Southeast Grp: Jeopardy 11:00am Baker's Delight 11:30am Lunch 12:30pm- 4:00pm Galloping to Wellness: Stockhands	17 Candlewood Outing Transportation Delayed: pickup by 10AM 10:30am Departure 12:00pm Picnic Lunch 2:30pm Return
20 10:00am How does that work? 11:00am Motivational Music 12:00pm Lunch 1:00pm Self Care w/ Loretta 2:00pm Game Time/ Wood Shop	21 10:00am M/M Trivia 11:00am NAMI Peer Support 12:00pm Lunch 1:00pm TedTalk & Post Discussion 2:00pm Free Art	22 10:00am Southeast Group: Creating What's Your Mask? 11:00am Marnie's Being Your Best 12:00pm Lunch 1:00pm Creative Art 2:00pm Wii Sports or Bingo	23 10:00am Southeast Grp: Life Story 11:00am Baker's Delight 11:30am Lunch 12:30pm- 4:00pm Galloping to Wellness: Stockhands	24 STAFF TRAINING CLOSED
27 CLOSED Holiday	28 10:00am M/M Trivia 10:30am Quilting 12:00pm Lunch 1:00pm Peer Meeting 1:30pm TedTalk & Post Discussion 2:00pm Free Art	29 10:00am Southeast Grp: Gratitude Jar 11:00am Marnie's Being Your Best 12:00pm Lunch 1:00pm Creative Art 2:00pm Wii Sports or Bingo	30 PEER FEST (appropriate shoes) 10:00am Southeast Grp: Forgiveness 11:00am Lunch 11:30am Leave for Peer Fest 1:00-3:00pm PEER FEST Returning by 4:00pm	31 Delaware State Park 10:00am Departure 12:00pm Picnic Lunch 2:30pm Return Activities: (Fishing, Disc Golf, Hiking)