




# December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Blue Ridge Center</b> <b>Open Monday-Friday 9am -4pm</b> <b>100 Burnet Street</b> <b>434-972-1825</b> 			<b>Offered Everyday:</b> <b>9am</b> Coffee & Conversation <b>9:30am</b> Meditation <b>1pm</b> Acudetox and Daily Mindfulness  <b>Veteran's Support Zoom Link:</b> <a href="https://regionten.zoom.us/j/93952235628">https://regionten.zoom.us/j/93952235628</a>	
				1 9:30 Move into the Day! 10am Music Group 11am Breaking the Cycle
4 9:30 Move into the Day! 10 am Mental Health Support 11am Life Skills: <b>Daily Life</b> 2pm Resource Group	5 9:30-12:30 Acupuncture Clinic <b>10am Step Toward Healing (men &amp; women groups)</b> 11am Calm the Storm 11am Men's Group 12pm Stretch It Out 1-4pm Walk-In Therapy Clinic 2pm Wellness & Recovery	6 9:30 Move into the Day! 10am SA Support Group 11am DBT: Mindfulness 11-12 DARS Q&A 2pm Co-Occuring Conditions <b>2pm Holiday Support Group</b>	7 10am Qi Gong OR Art Group 11am LGBTQ+ Support Group 11am Wellness & Recovery <b>12pm Sports Group</b> 1-4pm Walk-In Therapy Clinic 2pm APPR	8 9:30 Move into the Day! 10am Music Group 11am Breaking the Cycle 2pm Symptom Management
11 9:30 Move into the Day! 10 am Mental Health Support 11am Life Skills: <b>Feelings</b>	12 9:30-12:30 Acupuncture Clinic <b>10am GENOA SOCIAL</b> <b>10am Step Toward Healing (men &amp; women groups)</b> 11am Calm the Storm 12pm Stretch It Out 1-4pm Walk-In Therapy Clinic 2pm Wellness & Recovery	13 9:30 Move into the Day! 10am SA Support Group 11am DBT: Distress Tolerance 11am-12pm DARS Q&A 2pm Co-Occuring Conditions <b>2pm Holiday Support Group</b>	14 10am Qi Gong OR Art Group 11am LGBTQ+ Support Group 11am Wellness & Recovery 12pm <b>Sports Group</b> 1-4pm Walk-In Therapy Clinic 2pm APPR	15 9:30 Move into the Day! 10am Music Group 11am Breaking the Cycle 2pm Veteran's Support Group 2pm Symptom Management
18 9:30 Move into the Day! 10 am Mental Health Support 11am Life Skills: <b>Healthy Relationships</b>  2pm Resource Group	19 9:30-12:30 Acupuncture Clinic <b>10am Step Toward Healing (men &amp; women groups)</b> 11am Calm the Storm 11am Men's Group 12pm Stretch It Out 1-4pm Walk-In Therapy Clinic 2pm Wellness & Recovery	20 9:30 Move into the Day! 10am SA Support Group 11am DBT: Emotion Regulation 10:30am-12pm Housing Q&A 2pm Co-Occuring Conditions <b>2pm Holiday Support Group</b>	21 10am Qi Gong OR Art Group 11am LGBTQ+ Support Group 11am Wellness & Recovery 12pm <b>Sports Group</b> 1-4pm Walk-In Therapy Clinic 2pm APPR	22 9:30 Move into the Day! 10am Music Group 11am Breaking the Cycle <b>**HOLIDAY**</b> <b>CLOSED at 12:30pm</b>
25 <b>**HOLIDAY**</b> <b>Closed</b>	26 <b>**HOLIDAY**</b> <b>Closed</b>	27 9:30 Move into the Day! 10am SA Support Group 11am DBT: Interpersonal Effectiveness 2pm Co-Occuring Conditions <b>2pm Holiday Support Group</b>	28 10am Qi Gong OR Art Group 11am LGBTQ+ Support Group 11am Wellness & Recovery 12pm <b>Sports Group</b> 1-4pm Walk-In Therapy Clinic 2pm APPR	29 9:30 Move into the Day! 10am Music Group 11am Breaking the Cycle 2pm Symptom Management