

# STAY CONNECTED

## ONLINE SUPPORT GROUPS



We are an online peer to peer support network designed to provide instant connection to like-minded people in a supportive and safe community. It facilitates the giving and receiving of support in a non-judgemental environment. Enabling users to share the ups and downs of life without fear of judgment and repercussion. We combine social networking with support to create a fun engaging place to share that also has a positive impact on recovery.

### FALL 2020 SCHEDULE

#### MONDAY

11:00 AM | **Stress Management** | The PIER Recovery Community Center Facebook Page  
12:30 PM | **Parenting** | [Link: https://meeting.windstream.com/j/11110410767](https://meeting.windstream.com/j/11110410767)

#### TUESDAY

11:00 AM | **Anger Management** | [Link: https://meeting.windstream.com/j/11110410767](https://meeting.windstream.com/j/11110410767)  
12:30 PM | **Men's Recovery** | The PIER Recovery Community Center Facebook Page  
1:00 PM | **Virtual Employment Lab** | [Link: https://meeting.windstream.com/j/11110410767](https://meeting.windstream.com/j/11110410767)

#### WEDNESDAY

11:00 AM | **Recovery Management** | The PIER Recovery Community Center Facebook Page  
12:00 PM | **Stories of Hope: Recovery Stories** | Facebook Live  
12:30 PM | **Spirituality in Recovery** | The PIER Recovery Community Center Facebook Page  
1:30 PM | **Grief in Recovery** | The PIER Recovery Community Center Facebook Page

#### THURSDAY

11:00 AM | **Attacking Anxiety** | The PIER Recovery Community Center Facebook Page  
12:30 PM | **Double Trouble** | The PIER Recovery Community Center Facebook Page

#### FRIDAY

10:30 AM | **Women's Recovery** | [Link: https://meeting.windstream.com/j/11110410767](https://meeting.windstream.com/j/11110410767)  
11:30 AM | **LGBTQ+ in Recovery** | [Link: https://meeting.windstream.com/j/11110410767](https://meeting.windstream.com/j/11110410767)  
12:00 PM | **Stories of Hope: Recovery Stories** | Facebook Live



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ASSOCIATION OF  
**RECOVERY  
COMMUNITY  
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FACES & VOICES OF RECOVERY

**MHA**  
Mental Health America  
of Northern Kentucky  
& Southwest Ohio



OfficeSuite HD Meeting®