

# AUGUST 2018

## SANFORD PEER SUPPORT CENTER

# CALENDAR

The Sanford Peer Support Center, as well as any groups offered within it, is open to anyone who identifies with struggling with significant mental health, substance use, or other life challenges.

All staff has or is working on their Certified Intentional Peer Support Specialist Certification (CIPSS), and openly identifies with a mental health, substance use, or other life challenge.

These groups are always flexible and willing to change, as it is our goal that the community decides which groups are offered based on demand.

To participate in the Life Enrichment Art program, call Tish at 294-7887 or 572-0033 to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Living Substance Free 1-2	<b>2</b> Cooking Matters 11-1 SMART Recovery 3-4:30	<b>3</b> WRAP Ongoing 1-3
<b>6</b> Self Esteem & Boundaries 11-12	<b>7</b> Life Enrichment Art with Tish 9:30-12 Alternatives to Suicide 2:30-4	<b>8</b> Community Meeting 1pm	<b>9</b> Cooking Matters 11-1 SMART Recovery 3-4:30	<b>10</b> WRAP Ongoing 1-3 Movie & Popcorn Social 3-5
<b>13</b> Self Esteem & Boundaries 11-12	<b>14</b> Life Enrichment Art with Tish 9:30-12 Alternatives to Suicide 2:30-4	<b>15</b> Peer Support 2-3	<b>16</b> Maine Can Work 11-12 SMART Recovery 3-4:30	<b>17</b> WRAP Ongoing 1-3
<b>20</b> Self Esteem & Boundaries 11-12	<b>21</b> Alternatives to Suicide 2:30-4	<b>22</b> Community Meeting 1pm	<b>23</b> Maine Can Work 11-12 SMART Recovery 3-4:30	<b>24</b> WRAP Ongoing 1-3
<b>27</b> Self Esteem & Boundaries 11-12	<b>28</b> Life Enrichment Art with Tish 9:30-12 Alternatives to Suicide 2:30-4	<b>29</b> Living Substance Free 1-2 Peer Support 2-3	<b>30</b> Maine Can Work 11-12 SMART Recovery 3-4:30	<b>31</b> Center Closed for All Peer Picnic at Ft Williams Park (All are welcome to attend, Sign Up at the Center)

Any questions or concerns? Feel free to contact Center Manager Liz Stoothoff at (207) 956-2984 or [ELind@mainebehavioralhealthcare.org](mailto:ELind@mainebehavioralhealthcare.org)

**HOURS OF OPERATION: 9am – 5pm (M-F)**