

# Macon REC

## Weekly Schedule

June 4, 2018-Augus ~~24~~ 2018

17th

MON	TUES	WED	THURS	FRI
WRAP 9:30-11:30 Catherine	Art of Emotions 9:30-11:00 Catherine	Relationships in Recovery 9:30-11:00 Dana	WHAM 9:30-11:00 Trish	Get Together <del>9:30-11:00</del> Candace
Self Compassion 12-1:30 Candace	Wise Mind 11:30-1:00 Dana	Chronic Pain 11:30-1 Catherine	Seeking Safety 11:30-1:00 Trish	Living in Balance <b>REFERRAL ONLY</b> <del>11:30-1:00</del> Dana
Creative Recovery 2-3:30 Catherine	Letting Go Grief & Loss 1:30-3:00 Catherine	Trauma and Resiliency 1:30-3:00 Catherine	Recovery Discovery <b>REFERRAL ONLY</b> 1:30-3:00 Trish	NO CLASSES AFTER 1
5:30-7 Love and Logic Catherine & Dealing with Difficult Relationships Trish				

3-103

45-12

MEDIA CENTER HOURS: 8:30-5:00

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