

Macon REC as of 3/9/18

Weekly Schedule

March 19, 2018-June 2, 2018

MON	TUES	WED	THURS	FRI
Self Compassion 9:30-11:00 Candace	WHAM 9:30-11:00 Agape	WRAP 9:30-11:30 Trish/Agape	Art of Emotions 9:30-11:00 Agape	The Four Agreements 9:30-11:00 Agape
Trauma & Resiliency 11:30 - 1:00 Candace	Wise Mind 11:30- 1:00 Agape	Chronic Pain 12:00-1:30 Catherine	Creative Recovery 11:30-1:00 Agape	Living in Balance 11:30-1:00 Dana
Recovery Discovery 1:30-3:00 Candace	Letting Go Grief & Loss 1:30-3:00 Catherine	Life Skills 1:30-3:00 Dana	Seeking Safety 1:30-3:00 Agape	Walking for Wellness 1:30-3:00 Dana
	Love & Logic 5:30-7:00 Catherine	Managing Difficult Relationships 5:30-7:00 Trish		

MEDIA CENTER HOURS: 8:30-5:00

107 Thomas Hill
Franklin, NC 29834

Phone: 828-524-6342
Fax: 828-524-6471

