

Creativity Club: Some of the most beautiful things are created with your own hands and imagination! We have a variety of materials to get you started (or feel free to bring your own project from home). You can sew, knit, paint, color, and the list goes on. Come connect with your creativity and spend time in a friendly and welcoming place. **This group is on Fun Fridays from 1:00-3:00pm at Monroe Square in the multipurpose room.**

Fresh Air Club/Tobacco Recovery Support Group: Peer Support for gentle tobacco recovery. Learn about strategies and resources to support your success. Becoming tobacco free is a process. Hear inspirational stories from our members and learn how you can be successful. **This group is on Healthy Tuesdays from 12:00pm until 1:00pm.**

Healthy Living: Healthy living activities continue as part of *Healthy Tuesday and Wellness Wednesday*. Healthy Tuesday focuses on physical activity and will feature yoga at YogaVibe Studio as well as a walking group to explore nearby neighborhoods. Wellness Wednesday will have a variety of wellness activities. On the days with a planned physical activity, please dress appropriately and bring a water bottle. If you need help figuring out what to wear, please give us a call. **Please check your November Connections Calendar for times. T.**

LGBT Group: This special group will meet to discuss relationships, sexuality, health, religion, mental health, and stress among many other topics. This month we'll be hosting a bowling party that everyone is welcome to. **This group will meet on Wellness Wednesday, November 15 from 12:00pm until 2:00pm.** Transportation is available. For more information, please contact Connections.

Nurturing Your Spirit: What is spirituality? What does spirituality mean to you? How can you enhance spirituality and your recovery? This group will explore the answers to those questions and many more. **NOTE: This group will move to Healthy Tuesdays on November 21.**

Recovery Support Group: *Thriving Thursdays is focused on recovery support!* During group, you may share your thoughts, discuss problems and release tension. This is a healing place for you and your peers to help each other provide mutual support and grow! We continue working on WRAP planning at the end of designated meetings. **NOTE: Some Recovery Support Group days in November will be adjusted because of trainings. The group will meet on Thursday, November 2; Wednesday, November 8; Thursday, November 16; and Wednesday, November 29. T.**

Transportation Group: Explore your barriers to using the public transit system and overcome those barriers in a supportive group. This group will also explore alternatives to the RTS bus system. **Group meets on Friday November 3 from 11:00am until 12:00pm at Monroe Square in the multipurpose room. T.**

Women's Worth: This group is focused on women's issues. Anyone who identifies as female is welcome. We are currently exploring options to volunteer together as a group. **Women's Worth will meet on Wellness Wednesday, November 22 from 2:00pm until 3:30pm. T.**