



The Fairfield Mental Health
Consumer Group
"Consumer Driven- Consumer Operated"

SEPTEMBER NEWSLETTER

Center of Hope

Upcoming Events



Friday Sept. 8th

Columbus Recovery conference 11th, 12th



Friday Sept 1st, 15th, 29th



Photo group Sept. 15th, Sept. 29th @ 3:00



Recovery Conference 22nd, 23rd

Groups

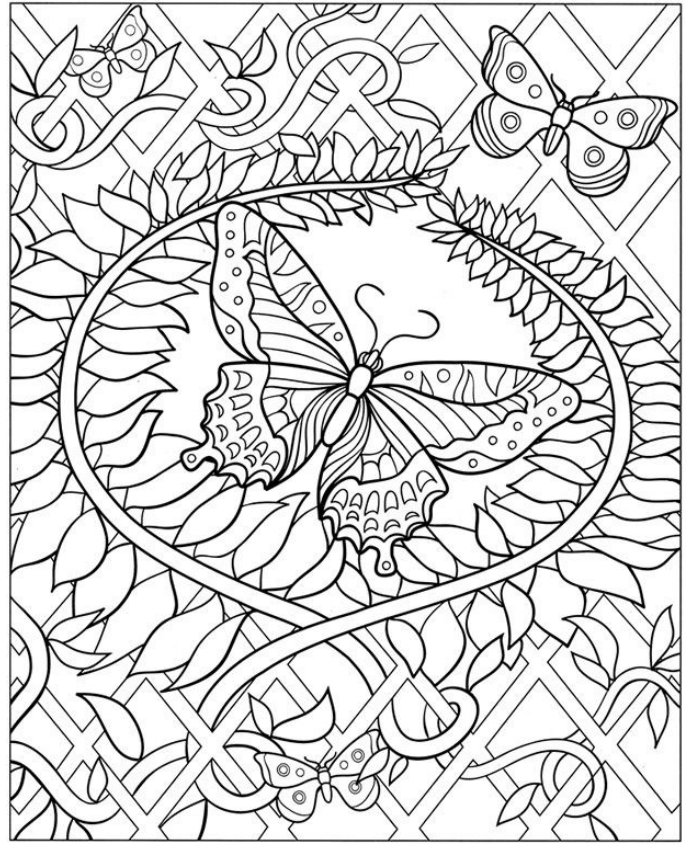
Mondays: Mood Mindfulness- 10:30
Anger Management- 1:00

Tuesdays: Kick Your Addiction- 10:30
PTSD (trauma) group- 1:00

Wednesdays: Craft group- 10:30
Mountains and Valleys Bipolar support group-
1:00

Thursdays: Self -esteem group- 10:30
Art group- 1:00
Job Skills group- 3:00

Fridays: Spirituality and Mental Health- 9:00
Anxiety and Depression- 1:00



Words to Live By

MISTAKES
are proof that you are
TRYING

Peer Peek



Robin Nye is a very familiar face, that has been coming to the center of hope for approximately two years. Robin was diagnosed with schizophrenia. Robin served in the United States Marines. His favorite food is cake. His favorite song is "The End of the World". Robin loves to take walks and He also enjoys bowling.

YOU CAN
QUIT
SMOKING!

Kortney will begin the LIFT (Living Independent from Tobacco) classes this month! If you want to stop smoking this program offers two classes per week for 4 weeks, with nicotine replacement and incentives to stop smoking. Speak with Kortney if you have any questions or concerns, and if you are ready to register call Erica to do a short questioner 513-803-4399.

Creative Corner

Painted by: Clyde Walker



**WE WILL BE CLOSED
ON THE
4TH, 11TH, 12TH, 22ND**

Membership Details

To have first priority to dinners etc. you must be a member. Membership fees are as follows:
1 month - \$1.00
1 year - \$10.00 and receive a free t-shirt.

Please see Melissa Erwin for details and to pay your fees.



Hours of Operation: Monday-Friday 9am-5pm
Location: 1663 E. Main Street, Lancaster, Ohio 43130
Contact Us: 740.654.0477 | www.fmhcg.org

Proud Member of
Fairfield County
ADAMH
Mental Health & Recovery Matter
NETWORK of CARE