



HOPE IN RECOVERY CENTER

House of Hope-
111 9th St S. Fargo

May

Mental Health
Awareness Month!



MONDAY 11:00AM- 5:00PM	TUESDAY 11:00AM- 5:00PM	WEDNESDAY 9:00AM- 5:00PM	THURSDAY 9:00AM- 7:00PM	FRIDAY 9:00AM- 4:00PM	SATURDAY 11:00AM- 2:00PM
			1 1:00 Movie (members choice) 3:00p Practical Relationship Skills	2 Property Cleaning Day 11:30-12:30 Meal HIRC @ HOH	3 Service Day in Jud, ND* 11:00 Recoveries Anonymous 12:00 Adult Children of Alcoholics
5 3:00 Cards/Board Games MEMBERS MEETING 11:00AM	6 11:30 Rummy 3:00 CODA 4:00 Recoveries Anonymous	7 10:00 Games/ Puzzles 11:30-12:30 Meal 1:00 Art Hangout 4:00 Mental Health Group HIRC @ HOH	8 1:00 Movie (members choice) 3:00p Practical Relationship Skills	9 11:30-12:30 Meal 1:00-Moving Meditation 2:00 Fun in Recovery HIRC @ HOH	10 11:00 Recoveries Anonymous 12:00 Adult Children of Alcoholics
12 3:00 Cards/Board Games	13 11:30 Rummy 3:00 CODA 4:00 Recoveries Anonymous	14 10:00 Games/ Puzzles 11:30-12:30 Meal 1:00 Art Hangout 4:00 Mental Health Group HIRC @ HOH	15 1:00 Movie (members choice) 3:00p Practical Relationship Skills	16 11:30-12:30 Meal 1:00-Moving Meditation 2:00 Fun in Recovery HIRC @ HOH	17 11:00 Recoveries Anonymous 12:00 Adult Children of Alcoholics
19 3:00 Cards/Board Games	20 11:30 Rummy 3:00 CODA 4:00 Recoveries Anonymous	21 Mental Health Awareness Day @ Lighthouse	22 1:00 Movie (members choice) 3:00p Practical Relationship Skills	23 11:30-12:30 Meal 1:00-Moving Meditation 2:00 Fun in Recovery HIRC @ HOH	24 11:00 Recoveries Anonymous 12:00 Adult Children of Alcoholics
26 CLOSED 	27 11:30 Rummy 3:00 CODA 4:00 Recoveries Anonymous	28 10:00 Games/ Puzzles 11:30-12:30 Meal 1:00 Art Hangout 4:00 Mental Health Group HIRC @ HOH	29 1:00 Movie (members choice) 3:00p Practical Relationship Skills	30 Bowling Day* 11:30-12:30 Meal 1:00-Moving Meditation 2:00 Fun in Recovery HIRC @ HOH	31 11:00 Recoveries Anonymous 12:00 Adult Children of Alcoholics

*Service Day Event: Service Dogs of America - Look for updates regarding time & sign-up sheet

*Bowling Day: Look for updates regarding the time & sign up sheet

*Must sign up to ensure transportation